

Arkansas Gastroenterology Endoscopy Center

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SUPREP INSTRUCTIONS

Day 1 _____

1. Clear liquid diet all day .

Clear liquids: Broth, Jello, tea, clear juice (no pulp), Gatorade, Popsicles (no red or purple), soft drinks, water, coffee.
NO dairy products.

2. At 12 p.m., start Suprep.

Mix one bottle Suprep in cup with water to fill line and drink.
Drink two (2) more cups of water or clear liquid.

Stay on clear liquids throughout the day.

3. At 6 p.m., continue Suprep.

Mix one bottle Suprep in cup with water to fill line and drink.
Drink two (2) more cups of water or clear liquid.

4. If you begin to feel nauseated, stop and rest a few minutes.

Discontinue any blood thinners such as Plavix, Coumadin, Aspirin, THREE days prior to your test.

Nothing by mouth after midnight except for any medication you need to take the morning of your procedure.

If you are Diabetic, do not take your medicine the morning of your exam but bring it with you to your appointment.

DAY 2 _____

Do NOT eat or drink anything prior to your procedure today.

Arrive at _____ at _____ am/pm.

for your procedure which is scheduled at _____ am/pm.

Your exam should be completed in approximately 2 hours, however, **you will not be allowed to drive yourself home.** It may take up to 12 hours for the sedation you will receive to be cleared from your body.