Suprep (The Short Story)

One Week Before The Procedure
• Arrange for a Driver.
• Stop taking Iron, charcoal, and Pepto Bismol.
• If you take Blood Thinners, contact your prescribing doctor for instructions on dosing management.

Three Days Before The Procedure
• Go to the pharmacy and grocery store to pick up:
  — Preparation solution
  — Clear liquids and low residue foods for the days before the procedure
  — Baby wipes with aloe and/or diaper rash cream
• Stop eating any high residue foods (ex. popcorn, seeds, nuts, raw fruits and vegetables) — nothing that can crunch in your mouth!

Day Before The Procedure
• Breakfast = you may have white food with close to zero fiber (ex. cheese, egg, vanilla yogurt, white bread, chicken) before 10 a.m..
• Lunch and Dinner = you may have clear liquids only (ex. broth, jello, juice, soda, popsicles) after 10 a.m.. No red or purple liquids!
• 6:00 P.M.
  — Pour one of the 6 oz. bottles of Suprep liquid into the mixing container.
  • Add a clear liquid beverage up to the 16 oz. line on the container and mix together.
  • Drink all of the mixed solution in the container.
  — Drink two 16 oz. containers of clear liquid beverage over the hour following completion of the prep solution.
• Evening = drink at least 8 oz. of fluid each hour you are awake.

Morning Of Your Procedure
• 4 hours before you plan on leaving for your procedure:
  — Pour the second 6 oz. bottle of Suprep liquid into the mixing container.
  • Add a clear liquid beverage up to the 16 oz. line on the container and mix together.
  • Drink all of the mixed solution in the container.
  — Then drink two more 16 oz. containers of clear liquid.
• You MUST FINISH the final glass of clear liquid AT LEAST THREE HOURS BEFORE YOUR PROCEDURE!
  — 3 hours before your scheduled procedure time:
  • Absolutely nothing more to eat or drink!
  — 40 minutes before your scheduled procedure time:
  • Check in at 40 Skokie Boulevard in Northbrook, Suite 110.

If you have any further questions or need more details, please reference the “Long Story”.

Comprehensive Gastrointestinal Health