

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