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**Suprep Day Before Prep**

**DATE OF PROCEDURE** \_\_\_\_\_ **TIME OF PROCEDURE** \_\_\_\_\_

**PLACE OF PROCEDURE:** NRH Endoscopy Center

Texas Health Alliance Surgery Center Texas Health Alliance Hospital

**ARRIVE AT** \_\_\_\_\_. Take your insurance card and photo ID with you.

**You will need to purchase the following items:** (4) Dulcolax 5 mg tablets

**DAY BEFORE THE PROCEDURE** \_\_\_\_\_ **FOLLOW THE INSTRUCTIONS BELOW:**

**Breakfast, Lunch, and Dinner and all day: CLEAR LIQUIDS only.**

Examples: broth, Jello (no red purple or orange), black coffee, tea, carbonated drinks, apple juice, etc...**NO** solid foods, juices with pulp, or milk products the day before the procedure.

**Approximately 12:00 pm (noon):** Take the four Dulcolax (Bisacodyl) 5 mg tablets at one time.

**Approximately 5:00 pm**

Pour one 6 oz bottle of SuPrep liquid into the mixing container. Add cool water to the 16 oz. line on the container and mix. Drink all of the liquid in the container. Drink two more 16 oz. of water over the next hour.

**Approximately 7:00 pm**

Pour one 6 oz bottle of SuPrep liquid into the mixing container. Add cool water to the 16 oz. line on the container and mix. Drink all of the liquid in the container. Drink two more 16 oz. of water over the next hour.

**Please note the more liquid you drink, the better your bowel prep will be. It is recommended that in addition to the bowel prep solution, you should try and drink at least 32 oz of some other fluid during the course of the prep. This can be done either during the times you are taking the bowel prep or after you have taken it. Any of the fluids listed in the clear liquids section are acceptable.**

**DISCONTINUE LIQUIDS FOUR HOURS PRIOR TO YOUR PROCEDURE.**

Stop taking iron products 3 days prior to your procedure.

You may take blood pressure and heart medication on the morning of your procedure.

If you are Diabetic and on medication, please check with your doctor regarding special instructions.

**Have someone available to drive you home due to the IV sedation.**