

EUGENE Y. LEE, M.D.
GASTROENTEROLOGY & HEPATOLOGY
100 S. Ellsworth Avenue, Ste. 507
San Mateo, California 94401
Tel. (650) 342-7432

AFTERNOON SUPREP COLON PREP

*Please read this at least 1 week prior to your procedure. You may find a coupon for the Suprep at www.suprekit.com. You may find more info at our website www.mygidocors.com under the heading "Your Procedure."

2 DAYS BEFORE PROCEDURE:

No ruffage in your diet (no uncooked vegetables, salads, seeds, nuts, corn).

DAY BEFORE PROCEDURE:

Diet: You may have breakfast and light lunch. Diet for the rest of the day is restricted to clear liquids: Drink **at least eight 8 oz.** glasses, preferably more:

Broth or bouillon (chicken, vegetable, or beef)

Apple juice, orange juice, white grape juice, ginger ale, 7-up, sodas (not red)

Coffee, tea, water, lemonade, Gatorade (not red), Jell-O (not red), popsicles

No Cranberry juice. No red juices. No milk products. No alcohol.

Prep: Drink the first dose of Suprep at **8 p.m.** Do not prepare the solution in advance. Pour a 6-ounce bottle into mixing container and fill the rest with cold water to the 16-ounce line and stir. Drink the entire contents. Then drink two more 16-ounce containers of water within the next hour.

Temporary nausea, headache, bloating, or abdominal cramping sometimes occur. It is important to drink enough to avoid dehydration. If necessary wait 15-30 minutes until these symptoms pass before drinking more liquids. Bowel movements generally start within 2 or 3 hours and may continue for 4 or 5 hours. If vomiting occurs or you have no bowel movements, please contact us for further instructions.

DAY OF EXAM:

Drink the second 6-ounce bottle of Suprep diluted with water the same way about 3 hours before your colonoscopy. Drink the entire contents. Then drink two more 16-ounce containers of water within the next hour. Be sure to finish at least 2 hours before your appointment time. Remember to take **NOTHING BY MOUTH FOR 2 HOURS BEFORE YOUR PROCEDURE.**

***Do not take ibuprofen, Advil, Aleve, Motrin (NSAIDs) FOR AT LEAST 3 DAYS prior to procedure unless instructed otherwise by your physician.**

***Please stop Plavix, Coumadin, or any other blood thinners 3 DAYS BEFORE procedure unless instructed otherwise by your physician.**

***IF YOU HAVE ANY QUESTIONS OR PROBLEMS, YOU MAY CALL THE OFFICE AT 650-342-7432 TO SPEAK WITH THE DOCTOR ON-CALL.**

***IF YOU MUST CANCEL YOUR PROCEDURE, PLEASE NOTIFY OUR OFFICE AT LEAST 3 BUSINESS DAYS IN ADVANCE SO THAT WE MAY GIVE THAT SPACE TO ANOTHER PATIENT. We appreciate it!**