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MORNING 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 information at our website www.mygidocctors.com under the heading "Your Procedure."

2 DAYS BEFORE PROCEDURE:

No roughage (no uncooked vegetables, salads, seeds, nuts, corn, popcorn, skin of fruit).

DAY BEFORE PROCEDURE:

Diet: You may have light breakfast (i.e. scrambled eggs, white toast). 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 or white grape juice, orange juice (no pulp), ginger ale, 7-up, sodas

Light coffee (no cream), tea, water, lemonade, Gatorade, Jell-O (not red), popsicles

No Cranberry juice. Nothing red or dark in color. No milk products. No alcohol.

Prep: Drink the first dose of Suprep at **5 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. Try using a straw, or sucking on lemon drop or hard candy to reduce after-taste. Then drink two more 16-ounce containers of water within the next hour. You may continue to drink clear liquids until midnight.

**Temporary nausea, headache, bloating, or cramping sometimes occur. If necessary wait 15-30 minutes until these symptoms pass before drinking more liquids. Bowel movements generally start within an hour and may continue for 3 or 4 hours. It is important to drink enough to avoid dehydration. 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 **at least 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.**

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

***Do not take any medications on the day of your procedure unless otherwise instructed 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!**