

Your prep will be faxed to your
Pharmacy _____
Name of Pharmacy

CENTER FOR DIGESTIVE HEALTH
Gastroenterology Associates, P.C.
2222 53rd Avenue, Bettendorf, IA 52722 (563-383-2686)

William Davidson III, MD
Richard L. Weyman IV, MD
Young B. Huh, MD
Jae H. Kim, MD

Day _____
Date _____
Arrival Time _____
Procedure Time _____

SUPREP

Special Instructions:

One (1) WEEK before your exam:

- No Popcorn, flax seed, or Olestra (fat substitute found in foods like potato chips) 1 week prior to your procedure.
- NO IRON within 3 days to your procedure. Example: no Multi-vitamin or iron supplement.
- If you tend to be constipated, take two tablespoons of Milk of Magnesia two days prior to your procedure.

One (1) DAY before your exam:

- **No solid foods are allowed!** You may have only clear liquids.

Drink 8 oz. of liquid every 1 to 2 hours when on the clear liquid diet while awake. This will help maintain hydration. If you have **heart failure, cirrhosis, or renal failure**, drink only 4 oz. of liquid every 2 hours when awake while on the clear liquid diet the day before the procedure.

CLEAR LIQUIDS INCLUDE: Apple Juice, Tang, HI-C Fruit Juice, Coffee, Broth or Bouillon, Plain Jell-O (no fruit or sugar free), Gatorade, Popsicles, Pop (diet or regular), Water, and Tea. **DO NOT HAVE ANYTHING RED OR PURPLE. YOU MAY NOT HAVE:** Milk or Milk Products, Orange juice with Pulp, Tomato Juice, Prune Juice, and Alcohol.

Prep Instructions:

You must complete all the steps below:

5:00 PM - Step 1

Pour (1) 6 oz. bottle of Suprep solution into the mixing container and add cool drinking water to the 16 oz. line on the container and mix. (You may refrigerate the solution mixture for a half hour in order to chill it). Drink all of the liquid in the container. Then, you must drink 2 additional 16 oz. glasses of water over the next hour.

PLEASE CALL IF YOU HAVE QUESTIONS, CONCERNS OR PROBLEMS WITH THE
PREPARATION OR INSTRUCTIONS (563)383-2686

TURN PAGE OVER FOR INSTRUCTIONS THE DAY OF YOUR EXAM

**YOU MUST BE ACCOMPANIED BY A DRIVER WHO REMAINS AT THE CENTER FOR DIGESTIVE HEALTH DURING YOUR
PROCEDURE**

Day of your procedure:

- Your medications, other than those that have been specifically held by your doctor, can be taken in the morning with a small sip of water.
- Please use the Center for Digestive Health Entrance and Registration Desk on arrival.
- You must be accompanied by a driver who remains during the procedure.
- Do not eat or drink anything **after 12:01 AM** the day OF your procedure except for what is approved in the following instructions.

Step 2:

Seven (7) hours prior to your exam _____ Date/Time:

Repeat Step 1. Pour (1) 6 oz. bottle of Suprep solution into the mixing container and add cool drinking water to the 16 oz. line on the container and mix. Drink all of the liquid in the container. Then, you must drink 2 additional 16 oz. glasses of water over the next hour.

In addition, if you are having an afternoon procedure:

A **clear liquid** breakfast is **REQUIRED** by _____ on _____ then nothing by mouth. Remember, it is important you do not eat or drink anything at least **six hours prior** to your procedure otherwise it will need to be rescheduled.

Common questions:

- Bowel movements often occur about one hour after the first glass. They will continue periodically for approximately 1-2 hours after you finish drinking the last glass of water.
- A feeling of bloating or nausea may occur due to the large volume of liquid; this is usually temporary and will disappear once bowel movements begin.
- A small amount of Vaseline applied to the rectal area may help relieve any discomfort.
- For morning procedure, on the day of the procedure if you are thirsty, drink only a few ounces of water **up to six hours prior** to your procedure time.
- Color of the stool should be yellow or clear liquid (Mountain Dew color is common.)

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