

## Suprep Prep

**5 - 7 DAYS BEFORE THE PROCEDURE** - Have your prescription filled. Please follow the prep instructions listed below, not the instructions on the prep box.

**5 DAYS BEFORE THE PROCEDURE** - If you routinely have less than 2 bowel movements per week then you will also need to purchase an 8.3oz bottle of Miralax. Begin taking a dose of Miralax twice a day **5 days prior** to your procedure. Take the last dose of Miralax in the morning **the day before** your procedure.

**3 DAYS BEFORE THE PROCEDURE** - AVOID raw fruits and vegetables, whole wheat/multigrain products, beans, nuts, popcorn and seeds.

**THE DAY BEFORE THE PROCEDURE** - You may only have **clear liquids the entire day** such as water, coffee, tea, broth, sodas, apple juice, Gatorade, Kool-aid, Jell-O, popsicles and hard candy. You may not have any solid food. **It is important to drink extra clear liquids before your prep to maintain adequate hydration.** Do not drink liquids that are not clear such as milk. Do not drink liquids that are red or purple in color.

### THE DAY BEFORE THE PROCEDURE - BETWEEN 3 AND 6PM - START YOUR PREP

#### STEP 1:

- Pour one (1) 6 ounce bottle of Suprep liquid into the mixing container. Add cool drinking water to the 16 ounce line on the container and mix.
- Drink the entire contents. A straw may help.

#### STEP 2:

- Follow with at least FIVE (5) 8 ounce cups of clear liquid over the next two (2) hours.
- **Make a conscious effort to drink as much clear liquids as you can before, during and after the preparation.**



#### NOTE:

- If you experience nausea - slow down your prep intake and walk around until nausea is relieved.
- Use baby wipes and/or Balneol cleansing cream or lotion during the prep to reduce irritation.

### THE DAY OF THE PROCEDURE - 4 HOURS BEFORE YOU LEAVE HOME FOR YOUR APPOINTMENT

#### STEP 1:

- Pour one (1) 6 ounce bottle of Suprep liquid into the mixing container. Add cool drinking water to the 16 ounce line on the container and mix.
- Drink the entire contents. A straw may help.

#### STEP 2:

- Follow with at least four (4) 8 ounce cups of clear liquid over the next hour. You may drink clear liquids up to 3 hours prior to your appointment arrival time.
- You may take your prescription medications (except those listed in the booklet) with water up to 3 hours before your appointment arrival time.
- Do not use smokeless tobacco on the day of your procedure. Starting 3 hours before your appointment arrival time **absolutely nothing by mouth, including gum, hard candy and breath mints.**

Please call us at 901-747-3630 if you have any questions or if you are having difficulty with the preparation. We are available 24 hours a day, 7 days a week.