

SUPREP

- A prescription for SUPREP has been submitted to your pharmacy
- Have the enclosed prescription filled at your pharmacy

FOLLOW THE BELOW INSTRUCTIONS ONLY!!

Disregard any instructions that may come with your prescription.

ONE WEEK BEFORE PROCEDURE

- Discontinue the use of all iron pills or products containing iron.

THE DAY BEFORE PROCEDURE

Consume clear liquids **ONLY** the entire day prior to your procedure.

For best results, you are encouraged to drink plenty of liquids throughout the day and evening.

(see clear liquid diet sheet)

- 5:00 PM – DRINK FIRST DOSE** (Dilute the solution concentrate as directed prior to use):
 - ◆ Pour ONE 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 ALL the liquid in the container (approximately 8 ounces every 10 minutes).
 - ◆ You **MUST** drink two more 16-ounce glasses of water over the next one hour.

A watery bowel movement should begin in approximately one hour.

You will continue to have loose bowel movements for 1 to 2 hours after you finish drinking the solution.

- *TRI-COUNTY CENTER PATIENTS** - During a phone call from pre-surgical screening staff, you will be/have been instructed of the time to take the second SUPREP dose.
- *MCLAREN MACOMB PATIENTS ONLY** – During a phone call from the Endo Dept with your procedure arrival time, you also will be/have been given the time to finish your morning prep (usually finish 3 hours prior to the arrival time).

THE MORNING OF PROCEDURE

- *At time instructed - DRINK SECOND DOSE** (Dilute the solution concentrate as directed prior to use):
 - ◆ Pour ONE 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 ALL the liquid in the container (approximately 8 ounces every 10 minutes).
 - ◆ You **MUST** drink two more 16-ounce glasses of water over the next **one hour**.
- Nothing else (including water) by mouth until after completion of your procedure.**
- Report for appointment at the time assigned.

(586) 286-5400

More information and FAQ at www.tcgastro.com

TRI-COUNTY GASTROENTEROLOGY, PC

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CLEAR LIQUID DIET

Black tea (no cream)

Black coffee (no cream)

Jell-O – NO RED flavors

Soft drinks – NO RED flavors

Clear juices – NO RED flavors

Popsicles – NO RED flavors

Hard candy – NO RED flavors

Bouillon

Broth

RECOMMENDATIONS:

Gatorade (NO RED flavors)

Apple juice

White grape juice

Sprite / 7UP

Ginger ale

Squirt

YOU MAY NOT HAVE:

Tomato juice

Orange juice

Lemonade

Milk

Milk products

Solid foods

IT IS RECOMMENDED THAT PLENTY OF CLEAR LIQUIDS BE CONSUMED THROUGHOUT THE DAY FOR MORE EFFECTIVE BOWEL PREPARATION.