

Advanced Gastroenterology
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Rockville, MD 20850
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Colonoscopy: SuPrep Preparation

Your procedure is scheduled for: _____ arrive at _____
Date Time

Advanced Surgery Center, LLC
10110 Molecular Drive,
Suite 100
Rockville, MD 20850
(301) 838-0437

Shady Grove Adventist Hospital
Out-Patient Surgery Center
9901 Medical Center Drive,
Rockville, MD 20850
(240) 826-6000

Important notes:

- *Plan to be at the center for at least three (3) hours.
- *You must make arrangements for someone (over 18) to drive you home after the procedure. (Public transportation, Uber, or taxis are not allowed)
- *Please pick up your **SuPrep kit** prescriptions from your local pharmacy at least three (3) days prior to your procedure.
- *OVER THE COUNTER MEDICATIONS: You will need to pick up one (1) bottle of Magnesium Citrate and one (1) box of Dulcolax 5mg (Bisacodyl) tablets. (You will only need eight 8 tablets).**

Medications:

If you are taking:

- Blood Pressure medications: Okay to continue. Please take **3 hours before your procedure.**
- If you use an inhaler, please bring it to your appointment.

Starting on: _____ **As soon as you wake up you will begin your preparation and start your clear liquid diet.**

CLEAR LIQUIDS:

- Water
- Soda
- Jell-O
- Tea
- Gatorade
- Broth (Chicken, beef, vegetable **flavor**)
- Coffee (No creamer/milk)
- Clear Ensure

NO: Gum, Candy, Solids, Milk, Pulpy Juices, V-8, Red or Purple liquids.

Please flip the page to see the instructions on the other side.



**How to take SuPrep:
(The day before your procedure)**

1. **At 6:00 am:** Take four (4) tablets of **Dulcolax (Bisacodyl)**.
2. **At 12:00 pm (Noon):** Take another 4 tablets of **Dulcolax (Bisacodyl)**.
3. **At 6:00 pm:** Pour one (1) **SuPrep** bottle into mixing container
 - a. Add cool water to dilute the SuPrep solution.
 - b. Drink all the solution
 - c. After drinking all the solution drink two (2) 16-ounce containers of WATER over the next one (1) hour.
4. **At 8:00 pm:** Repeat steps **three (3, a,b,c)** with the second **SuPrep** bottle.
5. **Six (6) hours** before your procedure (_____), take **one (1)** bottle of **Magnesium citrate**. This should be the last thing you drink. You may **NOT** continue drinking liquids until after your procedure

***If your prep is not satisfactory due to failure to follow the
instructions***

The doctor will have difficulty seeing the insides of your colon. You will have to redo the prep and come in for a repeat colonoscopy. You may also be subject to a \$100 fee.

If you have any trouble, don't understand, or have any questions about the prep or what you are allowed to eat, please call the office at 301-838-4224.



Helpful
Tips

- ❖ To prevent soreness from wiping, try soft toilet tissue or pre-moistened bathroom wipes.
- ❖ Drink plenty of water to keep yourself hydrated.
- ❖ If you experience anal irritation, try using Tucks or any brand of baby wipe followed by a generous application of Vaseline petroleum jelly to the external anus after each watery bowel movement.
- ❖ Feeling bloated and nauseous is common. This is temporary and will subside. You may also call our office at (301) 838-4224.