

## WEST GEORGIA GASTROENTEROLOGY SUPREP

Your colonoscopy will be performed at \_\_\_\_\_.

You will need to arrive at \_\_\_\_\_ am/pm on \_\_\_\_\_.

You will be on a clear liquid diet all day \_\_\_\_\_. NO solid foods, NO milk products and NO alcoholic beverages. NO RED!

### **CLEAR LIQUID DIET:**

Juices without pulp (apple/white grape)	Water
TEA (no cream or nondairy creamer)	BOUILLION CUBES
COFFEE (no cream or nondairy creamer)	SPRITE
Gelatin desserts (without fruit or topping NO RED)	7-UP
GINGERALE	FRUIT POPSICLES (NO RED)
GATORADE (NO RED)	Hard Candy (NO RED)
CRYSTAL LIGHT DRINKS (NO RED)	KOOLAI (NO RED)

### **Day Prior to your Colonoscopy:**

**Step 1:** (First Dose) at **3:00pm**, pour the entire contents of 1 bottle of SUPREP Bowel prep kit into the mixing container provided. Fill the container with water to the 16oz fill line as indicated on the mixing container. Drink the entire amount.

**Step 2:** Over the next hour, drink 2 additional 16oz containers of plain water.

**Step 3:** (Second Dose) at **10:00pm**, pour the entire contents of the remaining bottle of SUPREP Bowel prep kit into the mixing container provided. Fill the container with water to the 16oz fill line as indicated on the mixing container. Drink the entire amount.

**Step 4:** Over the next hour, drink 2 additional 16oz containers of plain water.

**Step 5:** You are strongly encouraged to drink as much other clear liquids as you want until midnight.

**Step 6:** After midnight you should not eat or drink anything unless it is associated with the bowel prep. Note: Failure to take the prep as indicated may result in a poorly cleansed colon.

### **IMPORTANT:**

1. If you take blood pressure medicine, heart tablet or seizure medicine, you may take with a sip of water.
2. If you take Insulin, Take ½ of your regular dose the evening before. Do not take your diabetic pills the morning of the test.
3. You must have someone come with you to drive you home.

**\*IF YOU TAKE ASPIRIN, STOP ASPIRIN 1 DAY BEFORE PROCEDURE. IF YOU TAKE COUMADIN OR PLAVIX, YOU WILL NEED TO STOP COUMADIN OR PLAVIX 5 DAYS BEFORE PROCEDURE. IF YOU ARE A DIABETIC, DO NOT TAKE YOUR MEDICINE THE DAY OF THE PROCEDURE.**

Please call our office with any questions: 770-214-2800

Due to limited space in our waiting area, we ask that you bring no more than 2 people with you. Thank you!

