

SUPREP instructions: Please buy from pharmacy atleast 5 days prior to your procedure date. ** DO NOT follow instructions on the Suprep box **

**** Please discuss with us if you have kidney problems ****

A prescription will need be sent to your pharmacy from Dr Tandon's office few days prior to procedure (please ensure we have your updated pharmacy info), Unless enclosed in package.

Please pick **SUPREP** and **Simethicone** anti-gas pills x 4 tabs (over-counter brands such as Gas-X, Mylanta gas or Maalox anti-gas are OK).

DAY prior to procedure:

Please take a **CLEAR LIQUID** diet only (**NO SOLID FOODS**) the **ENTIRE** day for breakfast, lunch and dinner. You may take liquids such as water, apple/grape juice, sprite/ginger ale, clear broth with NO solid particles, jello/popsicles, black tea or coffee. Avoid red color liquids, and avoid milk/cream.

Avoid Alcohol, marijuana or any illicit substance abuse.

1st dose SUPREP:

Starting at appx. 5 pm: Take 2 Simethicone anti-gas tablets.

Starting at 5:15 pm: Mix the 6 ounce container of SUPREP Bowel prep into the mixing container.

Add cool drinking water to the 16 ounce line.

- Drink the full 16 ounce container of bowel prep.
- After drinking the 16 ounces, Drink 2 more 16 ounce containers of water withing the following hour. This is important to keep you hydrated and prepare your bowel correctly.

DAY OF PROCEDURE: (or 11 pm if early morning procedure time)

2nd dose of SUPREP:

SIX hours prior to your scheduled procedure time: Take 2 tablets Simethicone anti-gas tablets, then 15 mins after: Mix the 2nd 6 ounce bottle of SUPREP into the mixing container and Add cool drinking water to the 16 ounce line.

- Drink the full 16 ounces of bowel prep
 - Take additional 2 containers of 16 ounces of water within the following hour.

You will need to finish the prep and STOP drinking any fluids 3 hours prior to your scheduled procedure time. Please avoid hard candy, gum or mints also 3 hours prior.

* **NOTHING** by mouth 3 hours prior to procedure *

If you need to take your allowed medications, such as heart meds or blood pressure meds, you can take these post finishing the prep with water 3 hours prior to procedure time.