

North Coast Endoscopy, Inc.  
9500 Mentor Avenue suite 380  
Mentor, OH 44060  
(440) 352-9400

## **SUPREP BOWEL PREP**

Date: December 5, 2019  
«LastName»

Patient Name: «FirstName»

You are scheduled for a colonoscopy at North Coast Endoscopy Suite 380 in the Lake Ambulatory Care Center on «NextAppt» . Please arrive at the office \_\_\_\_\_ a.m./ p.m.

### **1 WEEK BEFORE YOUR PROCEDURE**

**Discontinue:** fiber supplements, herbal products, vitamin E and fish oil.

Please let us know if you are regularly taking aspirin, blood thinners such as Coumadin, Plavix as these will need to be stopped prior to the procedure under the guidance of the doctor giving you this medication.

If you have diabetes, ask your diabetic doctor what you should do the day before and the morning of your procedure. Do not take metformin (if you take this) the day of your procedure.

### **5 DAYS BEFORE YOUR PROCEDURE**

**DO NOT TAKE:** aspirin, Motrin<sup>®</sup>, ibuprofen, Advil<sup>®</sup>, naprosyn, Aleve<sup>®</sup>, Excedrin or most arthritis medications. You may take Tylenol if needed.

**Stop taking** iron supplements.

**Stop eating** whole kernel corn, peas, beans, whole grains (such as oatmeal, brown rice, quinoa, wheat bread), nuts and seeds (such as poppy and sesame)

### **THE DAY BEFORE YOUR PROCEDURE**

- You may have a light breakfast or have clear liquids ONLY; please have nothing for dinner
- DO NOT DRINK MILK, DO NOT EAT OR DRINK ANYTHING COLORED RED OR PURPLE
- DO NOT DRINK ALCOHOLIC BEVERAGES
- You ARE ALLOWED to drink water, strained fruit juices without pulp, chicken broth, gelatin desserts without added fruit or topping, limeade/lemonade, coffee or tea BLACK (do NOT use any dairy or non-dairy creamer)

#### **At 7 PM the evening before your procedure:**

1. Pour one (1) 6-ounce bottle of SUPREP liquid into the mixing container.
2. Add cool drinking water to the 16-ounce line on the container and mix.
3. Drink all of the liquid in the container.
4. You MUST drink two (2) more 16 ounce containers of water over the next 1 hour.

### **THE MORNING OF YOUR PROCEDURE**

**At 6 AM the morning of your procedure:**

1. Pour one (1) 6-ounce bottle of SUPREP liquid into the mixing container.
2. Add cool drinking water to the 16-ounce line on the container and mix.
3. Drink all of the liquid in the container.
4. You MUST drink two (2) more 16 ounce containers of water over the next 1 hour.

**Then after 7 AM nothing by mouth including medications.**

**You must have a driver to take you home the day of the procedure.**

**Your driver should plan to be here approximately three (3) hours.**

**You are not allowed to drive the day of your procedure.**

It is very important for you to keep your appointment on the scheduled date. Please cancel for true emergencies only. Thank you for your cooperation. Please call us between the hours of 9-5 if you have any questions. Thank you!