

**SUPREP REQUIRES A PRESCRIPTION, WHICH IS INCLUDED IN THIS PACKET.**

**PLEASE TAKE IT TO YOUR PHARMACY IN ADVANCE, AS SOME INSURANCES REQUIRE PRE-AUTHORIZATION.  
FOLLOW THESE INSTRUCTIONS – NOT THOSE ON THE BOX YOU RECEIVE FROM THE PHARMACY!**

**Reminders**

- **Transportation:** Due to the sedation you will receive, someone at least 18 years of age **MUST** bring you to your appointment, remain in the waiting area during the entire time of your procedure, and drive you home afterwards. A taxi or bus is **NOT** an acceptable form of transportation. **Failure to arrange proper transportation may result in your procedure being rescheduled.**
- A thorough cleansing is essential to a successful exam. Please follow these instructions carefully, as **improper preparation may result in your procedure being rescheduled.**
- Contact our office at **(336) 448-2427 (option 6, then option 2)** if you have any questions about your prep or if there are any changes in your medical history between the day of scheduling and the appointment date.
- We require a notice of 2 business days if there is a need for change or cancellation of your procedure.
- Please leave all jewelry and valuables at home, as we do not provide a secure area for these items.

**Medications**

- Take any necessary medications at least **4 hours prior** to your arrival time.
- **Diabetes:** Contact the prescribing physician regarding instructions for injectable diabetic medication the day before and the day of the procedure. **DO NOT TAKE oral** diabetic medication the day of the procedure.
- **Blood Pressure:** **DO NOT SKIP** any doses of your blood pressure medication.
- **Iron:** **STOP** taking iron 5 days before your procedure.
- **Inhalers and Nebulizers:** May be used up to the time of your procedure.
- **Blood Thinners:** Please contact the prescribing physician to make sure it is okay to stop these medications for the recommended number of days prior to your procedure. If you are on a blood thinner that is not listed below, please contact the prescribing physician for instructions. You may remain on aspirin unless otherwise instructed.

Xarelto	24-48 hours	Pletal / Persantine	2 days	Aggrenox / Plavix	5 - 7 days
Eliquis	48 hours	Brilinta / Coumadin / Jantoven	5 days	Effient	7 days

**2 Days Before Procedure**

- ✓ Eat a well-balanced diet. Avoid nuts, seeds, popcorn, raw fruits and vegetables, and salads.

**Day Before Procedure**

- ✓ **Begin a clear liquid diet. DO NOT consume anything red in color OR dairy products.**  
Clear liquids may include water, soft drinks, coffee or tea without cream, popsicles, broth/bouillon, Jell-O, non-pulpy juice, etc.
- ✓ **At 4:00pm**, complete steps 1 through 4 using **only one** of the 6-ounce bottles.



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.



You **MUST** drink two more 16-ounce containers of water over the next hour.

**Day of Procedure**

- ✓ Continue a clear liquid diet.
- ✓ **6 hours prior to arrival time:** Repeat **steps 1-4** (shown above) using the other 6-ounce bottle of Suprep liquid.
- ✓ **4 hours prior to arrival time:** You must be finished with your final glass of water.

**ABSOLUTELY NOTHING ELSE BY MOUTH AFTER THIS TIME!**