



valley
GASTROENTEROLOGY
ASSOCIATES



VGA
center for
Obesity Medicine

Suprep Split Prep

Use These Directions • Do Not Use Manufacturer Instructions

This is a laxative product--it works very quickly-- the average time until the first bowel movement is within 1 hour of the drinking solution, but each patient is different. FOLLOW ALL OF THE STEPS COMPLETELY or your exam may be cancelled.

- Fill the prescription for the laxative solution at the pharmacy of your choice.
- Purchase at least one 20oz bottle of Gatorade or similar sports drink.
- 5-days before the exam: avoid nuts, seeds, corn, popcorn and skins of raw fruits and vegetables. Also stop iron supplements 5 days prior (Multivitamin with iron may be continued).

The Day Before the Exam

The day before the exam you may have **clear liquids only**.

DO NOT HAVE ANY SOLID FOOD, CREAM OR MILK PRODUCTS THE REST OF THE DAY.

What's considered a "clear liquid"?

A clear liquid is any beverage you can see through. Please avoid red- or purple-colored liquids. Sugar, sweetener and lemon are allowed. No cream, milk or pulpy juices (orange juice) are permitted. To help prevent dehydration, it is important to drink plenty of clear liquids before, during, and after the colon-prep process. We recommend that you have at least 20 oz of Gatorade during the preparation period.

Clear Liquid Examples

Fruit Juices	Popsicle	Powerade	Water	Pedialyte	Kool-aid®	Tea, iced tea
7-Up, Sprite	Bouillon	Gatorade	Coffee	Jell-O (no fruit)	Broth (beef, chicken)	Lemonade
Soda pop						

You are not permitted to have alcoholic beverages 24 hours before or after the procedure.

Stop drinking all liquids (including prep) at least 4 hours before your colonoscopy.

Step 1 – The Evening Before the Exam – at 7 PM

Pour ONE (1) 6-oz. bottle into the mixing container. Add cool drinking water to the 16-oz. fill line. Drink ALL the liquid in the container. YOU MUST drink TWO (2) 16-oz. containers of water over the next hour. DO NOT SKIP THIS STEP.

You may have all the clear liquids you like between Step 1 & Step 2.

Step 2 – Day of Exam – At _____ AM PM

Pour ONE (1) 6-oz. bottle into the mixing container. Add cool drinking water to the 16 oz. fill line. Drink ALL the liquid in the container. YOU MUST drink TWO (2) 16-oz. containers of water over the next hour. DO NOT SKIP THIS STEP.

You must fast after Step 2. No food or drink, not even water, is allowed 4 hours before the exam.



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Day of Exam

Fasting Time _____ **AM PM**

Arrival Time _____ **AM PM**

Procedure Time _____ **AM PM**

Of course, you must follow a special diet to prepare for a GI procedure but, in addition to that, we ask you to completely fast four hours prior to procedure. Fasting means that you are to have nothing to eat or drink — no gum, candy, mints, chewing tobacco not even water. This is necessary due to the sedation or anesthesia that will be used during your test. While you are sedated, or sleeping, fluid from your stomach may be aspirated or move into your lungs. This can be very dangerous causing pneumonia, infection, and in rare instances, can be fatal. Fasting properly will lessen this risk and help prevent complications.

The morning of the procedure, take your heart, breathing, seizure and blood pressure medications with a few sips of water.