



**Suprep** - Suprep comes with two 6-oz bottles of solution and a 16oz mixing container.

- It is important to NOT USE alcohol, marijuana, medical marijuana, narcotics, pain medications (prescribed or otherwise), and any form of illicit drugs (prescribed or otherwise) 24 hours before and the day of the procedure.
- It is important to NOT USE tobacco products the day of the procedure  
**\*\*\* If you do not avoid these items, then your procedure will be cancelled. \*\*\***

## The day before the procedure

- No solid foods all day, only clear liquids.
- Start between 2 and 4 p.m.
- Pour one bottle of the solution into the mixing container
- Add cold water, or any clear liquid such as Gatorade, to the 16oz line on the container and mix.
- Drink all the mixed solution in the container.
- Over the next hour, drink at least two 16 oz containers of water.
- Continue to drink a gallon of clear liquids until midnight.
- **Do not eat or drink anything after midnight except your 2<sup>nd</sup> dose of prep 5 hours prior to your arrival – No candy, gum, mints, water, ice, etc.**

## The day of your procedure

- **5 hours before your arrival time:**
  - Pour the second bottle of solution into the mixing container, add cold water, or other clear liquid such as Gatorade, to the 16oz line on the container and mix. Drink the entire container of mixed solution followed by two 16oz containers of water.
  - Take 2 Gas X tablets by mouth.
  - Finish all of these within an hour. This is also the time to take any medications your physician has directed you to take the morning of the procedure.
  - **Do not eat or drink anything after this time – no medication, candy, gum, mints, water, ice, etc.**
- If you use inhalers, take your usual morning dose and bring the inhalers with you.
- Bring the completed 3 page health questionnaire including medication form, picture ID, and insurance cards.
- Bring a copy of your living will, if you have one.
- Bring reading glasses if you need them.
- Take a shower the morning of the procedure. You may wear deodorant. Do not apply lotion or powder to your chest area. Bring a pair of warm socks for your feet.
- You must have a responsible adult over 18 years to drive you home after your procedure.
- When you arrive at Seaside Endoscopy Pavilion, please call (302) 644-3852 from your car to let the center know you have arrived.
- Please ask your driver to remain within 10 minutes of the facility while you are in the center, to return to the facility's parking lot within 1 hour of your entering the center. They should be prepared to answer a phone call when you have finished your procedure.