

SUPREP Preparation Directions

One Week before the Procedure

- Purchase the SUPREP Bowel Prep Kit. You need a prescription for this kit. See enclosed prescription. Check with your insurance company to see if the prep is covered.
- If your insurance does not cover the cost of the SUPREP contact the gastroenterology office at 781-848-6040.

5 Days before the Procedure

- Stop eating raw vegetables, seeds, corn, nuts, popcorn, and thick skinned fruits and vegetables (tomatoes, celery, and strawberries etc.) Stop fiber supplements from now until your procedure.
- If you have a history of chronic constipation, contact the gastroenterology office at 781-848-6040.

3 Days before the Procedure

- Stop all iron supplements and vitamins containing iron.
- If you are on **Coumadin (warfarin)**, **Plavix (clopidogrel)**, **Pradaxa (dagibatran)**, **Xarelto (Rivaroxaban)**, or **Apixaban (Eliquis)**, please contact the prescribing doctor for instructions on its use prior to your procedure. If you're Coumadin is managed by the Coumadin Clinic contact them at 781-952-1219.
- If you take diabetes medicines, contact the physician managing your diabetes.

The Day before the Procedure

- Consume a **clear liquid diet** only (clear soup broth, tea, clear carbonated beverages, apple juice, jello, lemonade, popsicles, and ices).
 - Do not consume any red or purple jello, or red or purple liquids.
 - Do not consume alcohol.
- At **6 pm** drink pour one 6 bottle of Suprep into the mixing container. Add cool drinking water up to the 16 ounce line on the container and mix. **YOU MUST DRINK** two more 16 ounce containers of water over the next 1 hour.
- The laxative effect can begin within 1-4 hours. Be prepared to be near a bathroom.
- Continue to drink clear liquids until bedtime.

The Day of the Procedure

- **4 to 6 hours** before your procedure pour the remaining 6-ounce bottle of Suprep into the mixing container. Add cool drinking water up to the 16 ounce line on the container and mix. **YOU MUST DRINK** two additional 16 ounce containers of water over the next 1 hour.
- Do not drink anything, including water, for 3 hours before your arrival time. If you, do we may not be able to do the procedure.
- Allow enough time for the laxative to finish working before traveling.
- Take your morning medications after the procedure when you get home unless additional instructions are provided.

- Arrival times
 - If at **South Shore Endoscopy**, arrive 30 minutes prior to your procedure time. The endoscopy center does not open until 7am.
 - If at **South Shore Hospital**, arrive 1 hour prior to your procedure time (except if your appointment is at 7:30 AM. In that case, arrive at 7 AM)