

IMPORTANT FOR YOUR OWN SAFETY

**INSTRUCTIONS MUST BE FOLLOWED OR YOUR PROCEDURE WILL BE
RESCHEDULED!**

5 DAYS PRIOR TO YOUR PROCEDURE STOP THE FOLLOWING:

- Oil Capsules & Iron Supplements (Ferrous Sulfate)

HOLD BLOOD THINNING MEDICATION DAYS PRIOR TO YOUR PROCEDURE

- After getting approval from prescribing physician discontinue all blood thinning medications (Aggrenox, Arixtra, Coumadin, Effient, Pradaxa, Warfarin, etc.)

MEDICATIONS YOU ARE REQUIRED TO TAKE

- Diabetes medication (oral or injection) - take one half the usual dose the day prior to procedure **Omit Diabetes medication day of procedure.**
- Heart, Blood Pressure, Seizure, Asthma medications must be taken 4 hours prior to your scheduled procedure time with a sip (less than 1 oz) of **clear liquid.**

ONE DAY PRIOR TO YOUR PROCEDURE: Clear liquids only - NO SOLID FOOD

- Around 6pm on the evening before your procedure complete steps 1 through 4
 1. Pour one 6-ounce bottle of **SUPREP** liquid into the mixing container
 2. Add cold drinking water to the 16-ounce line on the container and mix
 3. Drink **ALL** the liquid in the container
 4. You **MUST** drink two more 16-ounce containers of water over the next 1 hour

Continue drinking approved clear liquids (see list) until 4 hours prior to procedure

ON THE MORNING OF YOUR PROCEDURE:

- 5 hours before your procedure repeat steps 1 through 4 using the remaining bottle of **SUPREP**
- **NOTHING BY MOUTH 4 HOURS PRIOR TO PROCEDURE**
- **SOMEONE ELSE MUST BE AVAILABLE TO DRIVE YOU HOME**
- **PLEASE NOTIFY OUR OFFICE IF THERE HAS BEEN A CHANGE IN YOUR HEALTH OR MEDICATIONS SINCE SCHEDULING PROCEDURE**

Nothing by mouth after _____ day of exam.

OVER

APPROVED CLEAR LIQUIDS

- Fruit juices without pulp (apple, grape, cranberry, etc.)
- Coffee or Tea (without milk or non-dairy creamer.)
- Jell-O (No **RED** Jell-O)
- Clear broth or bouillon (beef or chicken.)
- Sport Drinks (Gatorade, Powerade, etc.)
- Kool-Aid
- Soft Drinks (all Pepsi & Coke products.)
- Popsicles
- Ensure **CLEAR**
- Water

ALCOHOLIC BEVERAGES ARE DISCOURAGED!

Important Prescription Information

A prescription for Suprep has been sent to your pharmacy, please pick it up ASAP as the prescription at the pharmacy will expire and be invalid in about 7 days.

If Suprep is *not covered* by your insurance plan OR you determine that Suprep is *too expensive*, you have the option to do a less expensive alternative prep that has been approved by our physicians.

If you choose not to purchase Suprep, you will need to purchase the following items instead.

- **Miralax or generic (510 Gram bottle),**
- **4 -5mg Dulcolax tablets**
- **10oz bottle of Magnesium Citrate.**

For detailed alternative prep instructions, log onto our website www.gcpcmedford.com and select the "PROCEDURE PREP" tab and choose the **AM PROCEDURE PREP**.