



**Antonio Serna,
M.D.**



Questions?

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SUPREP Instructions

FOUR DAYS BEFORE your procedure:

1. Stop aspirin, aspirin products, blood thinners, and anti-inflammatory medicines. Tylenol is OK.
2. If you are on blood thinners or aspirin, contact your Primary Care Physician or Cardiologist for consent to stop these medication for 4 days. (Please **DO NOT** stop taking high blood pressure, asthma, seizure, or heart medications.)

TWO DAYS BEFORE your procedure:

1. STOP taking iron and multivitamins.

ONE DAY BEFORE your procedure:

1. You may have a light breakfast, no later than **10:00 AM**.
2. After 10:00AM, you must be on a clear liquid diet throughout the day. *Clear liquids include: water, clear fruit juices without pulp (such as apple, white grape, or white cranberry), strained limeade or lemonade, coffee or tea (do not use dairy or non-dairy creamer), clear broth or bouillon, clear soda, sports drinks (e.g., Gatorade), gelatin (without added fruit or topping), and Popsicles (without pieces of fruit or fruit pulp).* Ask your doctor if you have any questions about whether a particular drink is acceptable. **Nothing red, orange, or purple in color, and no milk products.** Continue to drink as many fluids as you can throughout the day to help keep you hydrated and feeling full.
3. **First dose: At 6:00 PM**, pour **ONE (1)** 6-ounce bottle of SUPREP liquid into the mixing container. Add cool drinking water to the 16-ounce line on the container and mix. **NOTE: Dilute the solution concentrate as directed prior to use.** Drink **ALL** the liquid in the container.
4. ***IMPORTANT*:** You **must** drink two (2) more 16-oz glasses of water in the next hour.

THE DAY OF your procedure:

1. **At 6:00 AM**, repeat steps 2-4 above using the other 6-ounce bottle. **NOTE: You must finish drinking the final glass of water at least 2 hours before your colonoscopy.**
2. You may take heart, blood pressure, asthma, and seizure medications with a sip of water.
3. All patients must have a family member or friend to sign your discharge orders, even if public transportation is taken or rides provided by Medicare or Medicaid. Procedures will be rescheduled if transportation arrangements have not been made for your safe return trip home.
4. We ask that you please leave all valuables at home, as we cannot be responsible for the loss of your valuables.

Please contact Dr. Serna's office 48 hours prior to cancel or reschedule procedure.

(sodium sulfate, potassium sulfate and magnesium sulfate) Oral Solution (17.5g/3.13g/1.6g) per 6 ounces SUPREP Bowel Prep Kit is indicated for cleansing of the colon as a preparation for colonoscopy in adults. Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Medication taken by mouth may not be absorbed properly if taken within 1 hour before the start of each dose of SUPREP. The most common adverse reactions after administration of SUPREP were discomfort, abdominal distension, abdominal pain, nausea, vomiting, and headache. To learn more about this product, please call **1-800-874-6756** or visit our Web site at www.suprepkit.com. *Please read the full Prescribing Information and Medication Guide in the kit.* SUPREP is a split-dose (2-day) regimen. Both 6-oz bottles are required for a complete prep.

