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SUPREP ONE DAY PREP INSTRUCTIONS

Procedure Date and Time _____ Check in Time _____

Follow up with Dr. Taylor on: _____

PROCEDURE TIMES MAY CHANGE DUE TO HOSPITAL SCHEDULE

A driver will be required, you may NOT take any form of public transportation

If you take blood thinners such as Coumadin, Plavix or Aspirin, please let the Doctor know. You may have to stop taking these 5 days prior to procedure

Step 1: THE ENTIRE DAY BEFORE THE PROCEDURE YOU MUST DRINK A LOT OF CLEAR LIQUIDS. YOU MAY HAVE NO SOLID FOOD.

Examples of Clear Liquids:

Coffee, tea, water-either carbonated or regular, Gatorade, all soft drinks. Clear juices: apple, white grape, pear. Jell-O, clear soups, i.e. bouillon or broth.

Continue these clear liquids up until mid-night.

Not allowed on a clear liquid diet: Milk including soy or almond, cream, Pulpy juices: orange, grapefruit, pineapple, tomato and V-8 are **NOT** allowed.

YOU MAY HAVE NOTHING RED OR PURPLE, NO SOLID FOOD

It is extremely important your colon is clean before the examination, thus the instructions below must be followed carefully:

Hydration is important and it is part of the prep. Make sure to hydrate before you take the prep, while you are taking the prep and after the prep

Step 2: Begin first dose at _____

- A. Pour **one (1)** 6ounce bottle of the SUPREP liquid into the container
- B. Add cool drinking water to the 16 ounce line on the container and mix.
- C. Drink all the liquid in the container
- D. You must drink two (2) more 16 ounce containers of clear liquid over the next hour.
- E. Continue drink a lot of clear liquids until midnight.

Step 3: Begin second dose at _____

Repeat the above Steps A through E using the second 6 oz bottle

You may take your prescription medications the morning of your procedure using small sips of water