

Brent H. Taylor, M.D., F.A.C.S.

2490 S. Woodworth Loop, Suite 400,
Palmer AK 99645
(907) 745-9400 (907) 745-9444 fax

SUPREP TWO 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 D using the second 6 oz bottle
PLEASE DRINK ONLY WATER WITH YOUR MORNING PREP**

**Step 4: PREP MUST BE COMPLETED AT LEAST 4 HOURS BEFORE YOUR PROCEDURE.
NO OTHER LIQUIDS AFTER YOUR MORNING PREP**