



**Westbank**  
1111 Medical Center Blvd. Suite S450  
Marrero, LA 70072  
Phone: 504-349-6401

**Uptown**  
2820 Napoleon Ave., Suite 720  
New Orleans, LA 70115  
Phone: 504-896-8670

**Metairie**  
4228 Houma Blvd., Suite 520  
Metairie, LA 70006  
Phone 504-456-8020

## General Instructions:

- For your examination to be successful, you must follow these instructions carefully to ensure that your colon is properly cleansed.
- Before starting your prep, notify the office if you have gone to the ER or are undergoing a cardiac evaluation since seen in the office.
- Please refrain from eating corn and foods with seeds (tomatoes, eggplant, etc.) three days before the procedure.
- Notify your physician if you are taking blood thinners (Coumadin, Plavix, etc.) immediately for additional instructions. **You do not have to discontinue aspirin.**
- **You will be sedated for this procedure and will not be allowed to drive yourself home.** You must arrange for someone to drive you home.
- Some nausea is to be expected, but **if you experience vomiting while taking this prep, please call your physician's office.**
- Expect multiple bowel movements. Remain close to toilet facilities.
- If you have any questions, please call your physician at the number listed above.

## Two Days Before the Procedure:

On \_\_\_/\_\_\_/\_\_\_: Your doctor has given you a prescription for Suprep Bowel Kit. Have the prescription filled at your pharmacy. You may want to purchase either Desitin or Boudreaux's Butt Paste and apply to your backside when starting the prep. This will help reduce irritation.

## The Day Before the Procedure:

Drink only *clear liquids* as listed below all day from the time you awaken. **NO solid foods, milk or milk products allowed.** If you become nauseated while drinking the prep, stop for 30 minutes then resume drinking.

<i>Clear liquids include (ALLOWED):</i>	<i>NOT ALLOWED</i>
<ul style="list-style-type: none"> <li>• Water, clear broth or bouillon</li> <li>• Strained fruit juices without pulp (apple, white grape, lemonade)</li> <li>• Ginger ale, coffee or tea without milk or non-dairy creamer</li> <li>• Any of the following that are <b>not</b> colored red, purple or orange: Gatorade®, soft drinks, Kool-Aid®, plain Jello®, ice Popsicles.</li> </ul>	<ul style="list-style-type: none"> <li>• Any beverage you cannot see through.</li> <li>• Dairy products such as milk, hot cocoa, ice cream, buttermilk and cream.</li> <li>• Fruit smoothies, nectars, prune, tomato, vegetable or fruit juices with pulp.</li> </ul>

**Drink plenty of clear liquids throughout the day!**

- **At \_\_\_ p.m.:**
  - Step 1. Pour one (1) 6-ounce bottle of Suprep liquid into the mixing container.
  - Step 2. Add cool drinking water to the 16-ounce line on the container and mix.
  - Step 3. Drink **ALL** the liquid in the container.
  - Step 4. You **must** drink at least two (2) more 16-ounce containers of water or sugar-free, non-carbonated clear liquid over the next hour.

## The Day of the Procedure:

On \_\_\_/\_\_\_/\_\_\_ at \_\_\_ a.m., Repeat Steps 1-4 above.

Take your usual medications **except diabetic medicine** with a small amount of water. **If you take blood pressure medicine, be sure to take it.**

**Nothing to eat or drink, even water, after prep!**