

DDA | DIGESTIVE DISEASE ASSOCIATES

Suprep Prep Instructions

Date of Procedure _____

Please follow these instructions and NOT the instructions on the Suprep box

If your arrival time is BEFORE 11:45am please follow these instructions

1 Day prior to your procedure -

1. NO SOLID FOOD OR DAIRY. CLEAR LIQUIDS ONLY THE ENTIRE DAY.
2. See the list of acceptable liquids on your universal colonoscopy prep instructions titled "Day before your procedure".
3. **5PM**- Mix 1 bottle of Suprep with cold water to the fill line, stir and drink.
4. Drink 32 oz of clear liquid over the next hour.
5. Continue to drink clear liquids.
6. **11pm**- Mix bottle #2 of Suprep with cold water to the fill line, stir and drink.
7. Drink another 32 oz of clear liquid over the next hour.

NOTHING BY MOUTH after Midnight or whenever you finish the clear liquids in step 7 above. If you take blood pressure, heart, seizure or anxiety meds in the morning, please take them **at least 2 hours** prior to your arrival. Please take them with only a sip of water. All other meds can be held until after the procedure.

If your arrival time is AT OR AFTER 11:45am please follow these instructions.

1 Day prior to your procedure -

1. REPEAT ABOVE STEPS #1-5 above.
2. **5AM** - Mix bottle #2 of suprep with cold water to the fill line, stir and drink.
3. Follow with 32 oz of clear liquid over the next hour.

NOTHING BY MOUTH after the clear liquids in step 3 are complete. **NOT EVEN WATER!** If you take blood pressure, heart, seizure or anxiety meds in the morning, please take them **at least 4 hours** prior to your arrival. Please take them with only a sip of water. All other meds can be held until after the procedure.

Please be advised - 2-5 days prior to the procedure you will get a MyChart message titled "Procedure Reminder/Read Entire Message". This will provide you with your arrival time which is usually 1 hour prior to your scheduled procedure. If you do not get the message please call us at **203-481-0315**. Leave a message and someone will get back to you ASAP.