



THE MEDICAL GROUP
OF SOUTH FLORIDA, INC.

Suprep Prep

The day before your procedure, drink clear liquids only for breakfast lunch and dinner. No solid food. **Please take all your normal medications.**

STEP 1: FOR BOTH ARRIVAL TIMES

- Between 5:00pm – 6:00pm on the evening before your procedure, take one of the Suprep bottles and pour the solution into the mixing container.
- Then add cool drinking water to the 16 oz line on the container and mix.
- Drink all the liquid in the container.
- Drink an additional 32 oz of clear fluids over the next hour.

STEP 2: IF YOUR COLONOSCOPY ARRIVAL TIME IS 10:30 AM OR EARLIER:

- At **11:00 pm** the evening before the procedure, **repeat step 1 above.**
- After you are done with your prep nothing to eat or drink, **except for your morning medications.**

STEP 2: IF YOUR COLONOSCOPY ARRIVAL TIME IS AFTER 10:30 AM:

- At **6am**, the morning of your procedure, **repeat step 1 above** and **take any morning meds.** REMEMBER, nothing to eat or drink after this dose is finished at 7am. After you are done with your prep nothing to eat or drink, **except for your morning medications.**

***** IF YOU ARE DIABETIC TAKE NO ORAL DRUGS THE DAY BEFORE AND THE MORNING OF YOUR PROCEDURE. IF YOU TAKE INSULIN TAKE ½ DOSE OF INSULIN THE DAY BEFORE THE TEST AND NONE THE DAY OF TEST.*****

IF YOU ARE ON BLOOD THINNERS PLEASE ASK YOUR PHYSICIAN ABOUT STOPPING THEM

Also: The morning of your procedure: THIS IS IMPORTANT!

- Take all heart and blood pressure medicine with a small sip of water
- Take asthma medication
- Take all morning medications with a small sip of water