

## Pacific Surgery Center

20669 Bond Rd NE Ste 200  
Poulsbo, WA 98370  
360-779-6527

## SUPREP Bowel Prep Instructions

### Preparing for the procedure:

- Pick up your SUPREP Bowel Prep Kit from your pharmacy.
- Arrange for a driver. You must have a driver who will stay at the facility during your procedure and drive you home afterwards.
- If you are diabetic, check with your primary care doctor about maintaining your insulin/blood sugar levels during the bowel prep.
- The Surgery Center will call you the day before your procedure with your arrival time. If you do not have an arrival time by 2pm the day before, please call the Surgery Center.

### 5-days prior to your procedure:

- Do not eat anything containing nuts or seeds such as strawberries or tomatoes.
- Do not take any the following medications:
  - Blood Thinners (Coumadin)
  - Aspirin
  - Ibuprofen

### The day before your procedure:

- Start a clear liquid diet. Clear liquids include the following:
  - Water
  - Coffee/Tea
  - Clear Sodas
  - Broth/Bouillon
  - Fruit Juice
  - Gatorade
  - Jell-O
  - Popsicles**\*\*Avoid liquids that are red/purple or that have pulp.**
- No solid foods, milk or milk products are allowed on this day.

## How to take SUPREP Bowl Prep Kit

**\*\*DO NOT FOLLOW** instructions on the kit—use the instructions below\*\*

***You must have your arrival time before you begin your prep. Your arrival time depends on when you start your prep.***

*If you have questions about the bowel prep or your procedure, call the physician's office at 360-613-1335.*

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<b><i>AM Arrival Time</i></b>	<b><i>PM Arrival Time</i></b>
<p><input type="checkbox"/> <b>2:00pm</b> the day before your procedure complete steps 1-4 using one 6-oz bottle of SUPREP.</p> <ul style="list-style-type: none"><li>• <b>Step 1:</b> Pour one 6-oz bottle of SUPREP liquid into the mixing container.</li><li>• <b>Step 2:</b> Add cool drinking water to the 16-oz line on the container and mix.</li><li>• <b>Step 3:</b> Drink ALL the liquid in the container.</li><li>• <b>Step 4:</b> You MUST drink TWO 16-oz containers of water over the next one hour.</li></ul> <p><input type="checkbox"/> <b>8:00pm</b> the night before your procedure REPEAT steps 1-4 above using the other 6-oz bottle of SUPREP.</p> <p><b>*NOTHING TO EAT OR DRINK AFTER MIDNIGHT*</b></p> <p>From midnight until after your procedure you cannot have anything to eat or drink (including gum).</p>	<p><input type="checkbox"/> <b>6:00pm</b> the day before your procedure complete steps 1-4 using one 6-oz bottle of SUPREP.</p> <ul style="list-style-type: none"><li>• <b>Step 1:</b> Pour one 6-oz bottle of SUPREP liquid into the mixing container.</li><li>• <b>Step 2:</b> Add cool drinking water to the 16-oz line on the container and mix.</li><li>• <b>Step 3:</b> Drink ALL the liquid in the container.</li><li>• <b>Step 4:</b> You MUST drink TWO 16-oz containers of water over the next one hour.</li></ul> <p><input type="checkbox"/> <b>Between 5:00-6:00am</b> the <u>morning of your procedure</u> REPEAT steps 1-4 above using the other 6-oz bottle of SUPREP. <b>**You need to complete this at least 4 hours prior to your procedure.</b></p> <p><b>*NOTHING TO EAT OR DRINK 4 hours prior to your procedure*</b></p> <p>You may continue to drink clear liquids the morning of your procedure, but must stop 4 hours prior to the procedure.</p>

**\*\*IT IS IMPORTANT TO FOLLOW ALL THE STEPS COMPLETELY\***

- Remain close to the toilet facilities as multiple bowel movements may occur.
- You will need to make certain you drink plenty of fluid throughout the entire day.

**If you do not follow the instructions above, your procedure may be delayed or cancelled.**

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- You will be able to resume your normal diet after discharge.
  - Most patients are able to resume their normal activities the day after the procedure.
  - If you experience pain or discomfort after the procedure, or if you have any questions or concerns, call the office immediately at 360-613-1335.

*If you have questions about the bowel prep or your procedure, call the physician's office at 360-613-1335.*