



Thank you for choosing Bellin Health Gastroenterology for your care.

- Please review all instructions thoroughly and contact our Bellin Health Gastroenterology office with questions, (920) 431-5650 or (800) 924-4302.
- Your bowel prep is extremely important! If your bowel is not clean when you arrive, your procedure will need to be rescheduled rather than giving you an incomplete and poor exam.

**SUPREP**- Pick up from your pharmacy. If cost is an issue, please contact our office for other options.

<p><b>3 Days</b> Before procedure</p>	<ul style="list-style-type: none"> <li>• Drink 64 oz. of any clear liquid throughout the day today.</li> <li>• Start following the low fiber/ low residue diet.</li> <li>• Stop eating nuts, seeds, corn, popcorn, raw fruits and vegetables containing seeds, whole wheat and multi-grain foods, bran, fiber supplements and bulking agents until after your procedure</li> </ul>
<p><b>2 Days</b> Before procedure</p>	<ul style="list-style-type: none"> <li>• Drink another 64 oz. of any clear liquid throughout the day today.</li> <li>• Continue following the low fiber/low residue diet.</li> <li>• Remember, the less you eat now, the easier the prep will be.</li> <li>• If at the time of scheduling it was recommended you use an additional laxative because you have a history of constipation, then at <u>5:00PM</u> : Drink a bottle of <i>magnesium citrate</i> (10 fl oz).</li> <li>• <u>Do Not</u> eat solid foods after midnight.</li> </ul>
<p><b>1 Day</b> Before procedure</p>	<ul style="list-style-type: none"> <li>• <u>Do Not</u> eat solid foods.</li> <li>• Drink only a clear liquid diet, an 8 oz. glass of clear liquid every hour throughout the day.</li> <li>• At 5:00 PM: Pour <u>ONE</u> 6-oz bottle of SUPREP liquid into the mixing container provided. Add water or any clear liquid to the 16-oz fill line on the container and mix. Drink ALL the liquid in the container over 30 minutes.</li> <li>• WAIT 30 MINUTES THEN DRINK 2 MORE 16 OZ GLASSES of water OVER THE NEXT HOUR</li> </ul> <p><u>These directions will provide the best results with the fewest side effects. If you become uncomfortable, stop drinking and wait until the symptoms subsides, then continue where you left off.</u></p>
<p><b>Day Of</b> Procedure or late evening before</p>	<ul style="list-style-type: none"> <li>• Continue - <u>Do Not</u> eat solid foods.</li> <li>• Continue - Drink only a clear liquid diet.</li> <li>• <b>7 hours before your scheduled scope time:</b> Pour <u>ONE</u> 6-oz bottle of SUPREP liquid into the mixing container provided. Add water or any clear liquid to the 16-oz fill line on the container and mix. Drink ALL the liquid in the container over 30 minutes.</li> <li>• WAIT 30 MINUTES THEN DRINK 2 MORE 16 OZ GLASSES of water OVER THE NEXT HOUR)</li> </ul> <p><u>These directions will provide the best results with the fewest side effects. If you become uncomfortable, stop drinking and wait until the symptoms subsides, then continue where you left off.</u></p> <ul style="list-style-type: none"> <li>• All liquids - including water, must be STOPPED, at minimum, 3 hours prior to your registration time or your procedure will need to be rescheduled.</li> <li>• After completing your prep, the color of your stool should be pale yellow or clear.</li> <li>• It is important to call our office at (920) 431-5650 for further instructions if you continue to pass formed stool or the liquid remains brown.</li> </ul>