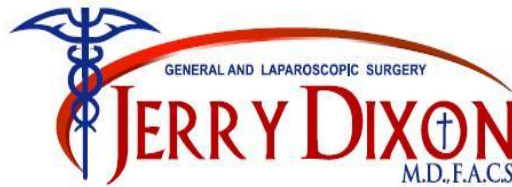


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SUPREP Bowel Prep (Same Day) Instructions

This is a prescription bowel prep. You will need to take your prescription to your pharmacy several days in advance of your procedure. **AS WITH ANY PRESCRIPTION IT IS IMPORTANT TO “FINISH THE ENTIRE PREP”.**

As with any bowel prep it is very important that *you stay hydrated before you start the prep, during the prep and the day after your prep.* You should drink lots of water or Gatorade. It is okay to drink caffeinated teas or soda but be aware that they dehydrate you. You will experience fewer symptoms if you stay hydrated.

-On the morning of _____ you will begin a clear liquid diet, this means **NO SOLID FOODS ALL DAY AND NONE MORNING OF PROCEDURE.** (See below for examples of clear liquid diet.) Drink lots of clear liquids during the day.

-At 2pm on _____ you will dilute one 6-oz bottle of Suprep with 10 oz of water and drink the entire amount. Then within 2 hours you will need to drink an additional 32-oz of water to follow. It is very important that you drink water only during this time. Don't cheat with coffee or soda. **IT IS IMPORTANT TO DRINK ALL PREP & WATER.**

-AFTER you have completed drinking your 2pm Suprep and 32-oz water you may then continue with all other clear liquids until 8pm.

-At 8pm on _____ you will dilute the second 6-oz bottle of Suprep with 10 oz of water and drink the entire amount. Again, within 2 hours you will need to drink an additional 32-oz of water to follow. Again, it is very important that you drink water only during this time. Don't cheat with coffee or soda.

-After you have completed drinking your 8pm Suprep and 32-oz water you may then continue with all other clear liquids until midnight.

-If your stools are not clear on the morning of your procedure you may use any over the counter enema. If you have any questions concerning the prep please call the office at 501-778-3361.

CLEAR LIQUID DIET:

Beverages: Sodas (Orange, Ginger Ale, Sprite, Coke, etc), Gatorade, Kool-Aid, Water, Black coffee (no creamer), Tea, Juice (apple or white grape). No milk or creamer.

Soups: Chicken or beef bullion/broth

Desserts: Hard candy, Popsicle, Italian ice, Plain Jell-O. You may add sugar or salt as desired. No sherbets, fruit bars, fruit or toppings.

Do not consume any red or purple products.

We understand that this is not a pleasant experience but it is very important to have your colon cleaned out in order for Dr. Dixon to evaluate it. If it is not cleaned out you run the risk of repeat bowel prep for another colonoscopy and/or barium enema. If you have any questions please call the office at 501-778-3361.