

## Suprep Method

S. Grace Woo, MD/ Belen Tesfaye, MD

Your procedure is scheduled for:

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Arrival Time: One hour prior to your procedure time

Your procedure will be performed at: **Bethesda Endoscopy Center:**

**Camalier Building**

**10215 Fernwood Road, Ste. 260**

**Bethesda, MD 20817**

**301-530-2800**

Please arrange for someone to drive you home after the procedure. You will not be allowed to leave alone if you have any type of sedation. If you have no one to take you home, you may arrange for the following private company to provide service:

Buckley's RMS contact Randy

Phone: 703-390-0535 301-946-8848 202-345-2845 [info@buckley4seniors.com](mailto:info@buckley4seniors.com)

***For questions or schedule changes contact Rockville Internal Medicine Group @ 301-762-5020 ext. 3056***

**Note: If you are canceling the night before your procedure, contact the endoscopy center directly and leave a message 301-530-2800 (There is a cancellation fee of 150.00 if you don't give 7 day notice).**

**If constipated Take an over the counter stool softener 3 days prior to your procedure**

**Preparations for the Colonoscopy**

Pick up rx for Suprep from the pharmacy

**Part 1- The Day Before: At 5pm**

**Most patients have a bowel movement 3-4 hours after start of the prep but if you are constipated, it may take 6-8 hrs (overnight)**

**Step 1:** Pour one 6 oz. bottle of Suprep liquid into the mixing container. Then add cool drinking water to the 16 oz. line on the container with the mix (Dilute the solution concentrate as directed prior to use).

**Step 2:** Drink all of the liquid in the container.

**Step 3:** You must drink two more 16 oz. containers of water (clear liquids) over the next hour.

**Part 2- The Day of Your Procedure.**

**5 HOURS BEFORE your procedure time you repeat the same steps as part 1.**

**Step 1:** Pour one 6 oz. bottle of Suprep liquid into the mixing container. Then add cool drinking water to the 16 oz. line on the container with the mix (Dilute the solution concentrate as directed prior to use).

**Step 2:** Drink all of the liquid in the container.

**Step 3:** You must drink two more 16 oz. containers of water (clear liquids) over the next hour.

**\*\*\*Ways to better manage the taste of your prep: Make sure the mixture is cold. Use Sprite, Ginger ale or pulp free lemonade to mix the solution. Drink Mixture with a straw. Suck on a lemon, hard candy or eat sorbet after each sip. Do not chug the solution; take a break if you feel nauseous.**

**Nothing by mouth 3 hours before your procedure includes water, gum, candy, mints**

**otherwise your procedure will be canceled or delayed**

**DIET/CLEAR LIQUID LIST- SEE ATTACHED**

**MEDICATION INSTRUCTION SHEET- SEE ATTACHED**