

**Endoscopy Center of Yuma**  
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### SuPrep Bowel Preparation

**Patient Name:** \_\_\_\_\_

**Day and Date of colonoscopy:** \_\_\_\_\_

**Arrive at:** \_\_\_\_\_ \*A 48 hr. notice is required for cancellation of procedure.\*

- Endoscopy Center of Yuma       YRMC       Focused Imaging of Arizona

You **MUST** have someone with you to drive you home after the procedure. If you do not, the procedure will NOT be done.

If you have any questions regarding your preparation, please call Endoscopy Center of Yuma at (928) 343-1717. After hours or to cancel your appointment, call Yuma Gastro at (928) 344-4325.

**MEDICINE: Seven days prior to exam, stop iron.**

**PURCHASE: 2 Dulcolax tablets (10mg total), and fill prescription for SuPrep at any pharmacy.**

#### **Day before Exam**

- May eat a light breakfast by 9 a.m.
- **NO SOLID FOOD INTAKE AFTER 9 a.m., Clear liquids only.**
- **Diabetic Medications:** Take half the usual dosage of insulin or pills.
- **Other Medications:** Take as scheduled (at normal times).

#### **Noon, Day Before Exam**

- Take 2 Dulcolax tablets with a large glass of clear liquid.

#### **Evening Before Exam**

- **At 6pm,** pour one (1) 6-ounce bottle of SuPrep liquid into the mixing container. Add cool drinking water to the 16 ounce line on the container and mix. Drink **ALL** of the liquid in the container.
- You **MUST** drink two (2) more 16-ounce containers of water within the next 1 hour.

#### **Morning of Exam**

- **FIVE hours prior to your exam,** pour the remaining 6-ounce bottle of SuPrep liquid into the mixing container. Add cool drinking water to the 16 ounce line on the container and mix. Drink **ALL** of the liquid in the container.
- You **MUST** drink two (2) more 16-ounce containers of water within the next 1 hour.
- **STOP DRINKING LIQUIDS and take your blood pressure and heart medications only THREE (3) hours before your exam.**
- **No Diabetic Medications until after your procedure.**

**CLEAR LIQUID** is any liquid that you can see through. Examples: apple juice, white grape juice, sports drinks. Do not drink milk or juices with pulp. Avoid red and purple drinks.