

## MARIETTA MEMORIAL HOSPITAL DEPARTMENT OF SURGERY

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### SUPREP BOWEL PREP

**Please – no roughage (raw fruits, vegetables, nuts, or whole grains) for two days before the colonoscopy.**

#### THE DAY BEFORE YOUR PROCEDURE:

##### CLEAR LIQUIDS ALL DAY!

Breakfast, Lunch, and Dinner: All Clear Liquids – Clear soup broth, lemon or lime Jell-O, water, coffee or tea, 7-Up, Sprite, Ginger Ale, banana popsicles, apple juice, white grape juice, white cranberry juice (**nothing red, orange or grape**). No milk or milk products. No alcohol.

**\*\*IF YOU ARE DIABETIC, PLEASE USE SUGAR FREE PRODUCTS.\*\***

**You will receive a phone call the day before your procedure for your arrival time between noon and 2 p.m. If you are scheduled for a procedure on a Monday, they will call you the Friday before the procedure.**

#### **\*\*\*\*\* FOLLOW THESE STEPS \*\*\*\*\***

**5 p.m.** (Dose 1) – Prepare the Suprep according to steps 1-4 on the box. Drink all the liquid in the container and **follow this with two more 16-ounce containers of water over the next one hour.**

**9 p.m.** (Dose 2) – Repeat the same steps as you did at 5 p.m.

**NOTHING TO EAT OR DRINK AFTER MIDNIGHT. THIS INCLUDES LIQUIDS, FOOD, BREATHE MINTS, AND CHEWING GUM.**

**Medications:** Do not take Ibuprofen, Aleve, or any NSAIDS five days prior to your procedure. You may take Tylenol. If you use an inhaler, use it the morning of the procedure and bring rescue inhaler.

#### DAY OF PROCEDURE:

- ✓ You may take necessary medications with a sip of water.
- ✓ Go to the Surgery Department the time specified by the Surgery Department.
- ✓ It is very important to have someone drive you home.



MEMORIAL  
HEALTH SYSTEM  
*Expect More*