



2245 North University Drive  
 Pembroke Pines, FL 33024  
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GASTROINTESTINAL DIAGNOSTIC CENTERS  
 Drs. Steiner, Yotseff, Dooreck & Cohen  
 www.browardgi.com

**Purchase at the Pharmacy**

**1. SUPREP**

**IMPORTANT: STOP** NSAIDs (i.e. Motrin, Advil, ibuprofen, Aleve, Naprosyn), and iron for one week prior to the procedure. **STOP** Aspirin, Plavix (or other antiplatelet agent) and Coumadin (or other anticoagulation agent) prior to the procedure **as instructed**. Tylenol (acetaminophen) is OK.

**Day Before Your Procedure**

**Morning:** Have a **light breakfast** (eggs, toast). You must not have solid food after breakfast. You can continue to drink clear liquids all day (**until midnight**).

**Noon: Clear liquids only.**

**Evening: Clear liquids only.**

- ✓ Water or Coconut Water
- ✓ Crystal Light® (Not red)
- ✓ Apple or Orange Juice (No Pulp)
- ✓ Coffee or Tea (No milk or cream)
- ✓ Gatorade® (Not red)
- ✓ Sodas (May cause bloating)
- ✓ Clear bouillon soup (No fat)
- ✓ Popsicles (Not red)
- ✓ Jello® (Not red)
- ✓ Ensure® or Boost®

**Note: Drink plenty of clear liquids** on the day before the procedure. **Take your usual blood pressure medications.**

**Preparation Instructions**

**STEP 1 – By 6:00 p.m. begin drinking the laxative mixture.**

- 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.
- **NOTE:** Dilute the solution concentrate as directed prior to drinking.
- Drink **ALL** the liquid in the container.
- You **must** drink **two (2) more 16-ounce containers of water** over the next **one (1) hour**.
- Continue drinking **until the containers are finished**.
- If cramping, bloating or vomiting occurs, slow down or take a break for about an hour and then resume drinking at a slower rate.
- If bloating or nausea occurs, it should improve as bowel movements continue.

**DO NOT EAT ANYTHING after midnight**

**You cannot drive | Arrange transportation in advance**

**Referrals will be handled by our office for all procedures**

**Call for SUPREP assistance TOLL-FREE 1-800-874-6756**

**Colonoscopy Preparation Instructions SUPREP**

**Day of the Procedure**

**STEP 2 – Four (4) Hours Before** your procedure **REPEAT STEP 1** using the other 6-ounce bottle.

**NOTE:** You **must finish drinking** the final container of water and **all liquids** at least **two (2) hours before** your colonoscopy.

**DO NOT EAT OR DRINK ANYTHING THE DAY OF THE PROCEDURE EXCEPT THE LAXATIVE AND CLEARS**

- **TAKE YOUR USUAL BLOOD PRESSURE MEDICINE WITH A SIP OF WATER.**
- **For diabetics on insulin: USE ONE-HALF (1/2) OF YOUR USUAL INSULIN DOSE** the morning of the procedure and the other one-half (1/2) after the procedure.



**DATE** \_\_\_\_\_

**TIME** \_\_\_\_\_

**WALNUT CREEK MEDICAL CENTER**  
 1779 N. University Drive | Suite 101  
 Pembroke Pines, FL 33024  
**University & Taft**  
*NE Corner | Behind CVS & Wendy's*  
 (954) 963-0888

**MEMORIAL HOSPITAL PEMBROKE**  
 University & Sheridan | Outpatient  
*The hospital will call the day before*  
 (954) 962-9650