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SUPREP

DAY BEFORE TEST

Start a clear liquid diet after a light breakfast such as eggs and toast the day before your exam (do not consume any dairy products, seeds, nuts or granola).

CLEAR LIQUID DIET LIST

Soft drinks (orange, ginger ale, cola, sprite, 7-up, Gatorade, Kool Aid-avoid red colors)

Strained fruit juices, NO PULP

Water, tea, coffee (no milk or non-dairy creamer, you may use sugar or honey)

Low sodium chicken or beef bouillon or broth

Hard candies, Jell-O or Popsicle's (avoid red colors), lemon and coconut sorbet, Italian ice (lemon)

First Dose:

At 5:30PM the day before the test follow the steps below:

1. Pour ONE (1) 6-ounce bottle of Suprep liquid into the mixing container
2. Add cool drinking water to the 16-ounce line on the container and mix
3. Sip the solution slowly over a 30minute period-DO NOT DRINK QUICKLY
4. You must drink an additional two more (2) 16-ounce containers of water within the next 1 hour.

DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT EXCEPT FOR YOUR SECOND DOSE OF PREP

Second Dose:

At 11PM or 8 hours prior to your scheduled colonoscopy time repeat steps 1-4 above with the second bottle of Suprep liquid

DAY OF TEST

You may take your regular medication with a sip of water as long as it is 6 hours prior to your scheduled colonoscopy time.

Appointment Date: _____

Location: _____

****NOTHING TO EAT OR DRINK 6 HOURS PRIOR TO YOUR PROCEDURE****

(THIS INCLUDES WATER)

YOU MUST HAVE SOMEONE DRIVE YOU HOME FROM PROCEDURE!

****There is a \$250 fee if 3-business days are not provided when rescheduling or canceling procedures****

(This is not payable by your insurance)