



Dr. Desh B Sharma, MD

Board Certified Gastroenterology & Hepatology

SUPREP BOWEL INSTRUCTIONS

1. The day before your procedure you will be on a clear liquid diet (Broth, Soup, Popsicles, Gatorade, etc.) from the time you wake up till the time you take your last dose of the bowel prep. **PLEASE REFRAIN FROM ANYTHING THAT IS PURPLE, RED OR DAIRY!**
2. A night before the procedure at 6:00 pm take the 1st dose/ Bottle (6 Oz) and dilute it in a 16 Oz container provided in the package and then drink 32oz of water and resume all clear liquid diet if needed.
3. 2nd dose/ Bottle will be taken at _____ AM/PM and please drink 32oz of water and can drink clear liquid thereafter if needed but **STOP TAKING ANY LIQUIDS 3 HOURS PRIOR TO YOUR SCHEDULED PROCEDURE.**

MEDICATIONS:

1. Please stop taking NSAIDs a week prior to procedure. Unless directed by the physician otherwise.
2. Stop all blood thinners except Aspirin a week prior to the procedure unless directed by the physician otherwise.
3. Stop all supplements including Fish oil, Iron, Multi-Vitamin, etc. 4 days prior to the procedure
4. If you are taking oral Diabetic medications, **DO NOT** take the oral medications on the day of the scheduled procedure / If taking insulin please take ½ of normal dosage the morning of the procedure.
5. Please take Blood pressure, Thyroid, and/or Seizure medication the morning of the procedure with a few sips of water.
6. If you are taking any heart medications you will need cardiac clearance before procedure date and please inform the office.

Bring the following items:

- ❖ Picture ID/Military ID
- ❖ Driver (due to anesthesia)
- * List of Current medications
- * Insurance Card

PLEASE ALLOW YOURSELF TO BE AT THE FACILITY 2 HOURS PRIOR TO YOUR SCHEDULED TIME.

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