

LIDDC: SUPREP INSTRUCTIONS

* FOLLOW THESE INSTRUCTIONS - NOT INSTRUCTIONS IN PREP KIT

A. MORE THAN TWO WEEKS BEFORE YOUR PROCEDURE:

Inform the office (631) 751-8700 IF:

1. You are **diabetic**
2. You are **allergic to latex**
3. You take **blood thinning products** (Coumadin, Plavix, Aggrenox, Pradaxa, Pletal, Brilinta, Ticlid, Trental, Effient, Xarelto, Eliquis).
4. You have a **prosthetic heart valve**, a history of **endocarditis**, **vascular graft**, **prosthetic joint replacement within the last 12 months**. You may need antibiotic coverage for your procedure.
5. Make sure you have a **driver** to take you home after the procedure.

B. ONE WEEK BEFORE YOUR PROCEDURE:

1. Do not take iron, iron-containing compounds, Vitamin E, fish-oil, advil, motrin, ibuprofen, aleve, naprosyn. You may take Tylenol (acetaminophen).
2. If you are taking aspirin 81 mg/day (baby aspirin) you should CONTINUE this unless otherwise instructed.
3. **Blood work** should be done 7-14 days prior to the procedure. A **pregnancy test** should be done less than **7 days** prior to the procedure if you are a woman of child bearing age.
4. Avoid fruits/vegetables with **seeds**: eg tomatoes, kiwi fruit, caraway, flax, poppy, sesame etc. and corn.

C. THE DAY BEFORE YOUR PROCEDURE:

1. **DO NOT EAT SOLID FOOD**. Drink **only clear liquids** (liquids you can see through). These should **not be RED or PURPLE**. Examples include: apple juice, water, clear broth or bouillon, Gatorade, Snapple, carbonated soda, jello, ice popsicles, black coffee, black tea. (sugar or sweetener is allowed – but NO milk/creamer). Drink at least **8 glasses** of clear liquid. It is very important that you stay well hydrated.

2. **SUPREP INSTRUCTIONS**: (call (631) 751-8700 if you have questions/problems with the prep)

a) **FIRST DOSE**: *Start at 6pm. Pour ONE 6-ounce bottle of SuPrep liquid into the mixing container. Add cool drinking water up to the 16-ounce line on the container and mix. Drink ALL of this liquid. Drink TWO more 16-ounce containers of plain water over the next one hour.*

b) **SECOND DOSE**: *Pour the remaining 6-ounce bottle of SuPrep liquid into the mixing container. Add cool drinking water up to the 16-ounce line on the container and mix. Drink ALL of this liquid. Drink TWO more 16-ounce containers of plain water over the next one hour. Finish this at least 6 hours before your procedure.*

- if your procedure is **scheduled before 10am** drink the second dose between 10-11pm the night before.

- If your procedure is **scheduled after 10am** **finish the second dose and water 6 hrs before** your procedure time

3. If your procedure is scheduled in the **hospital**, **call the evening before** for your arrival time.

- Mather Hospital 476-2717

- St Charles Hospital 474-6441

D. THE DAY OF YOUR PROCEDURE: DO NOT EAT ANY FOOD

1. **Do not eat anything after midnight on the day of your procedure**. If your procedure is after 10am, the second dose of SuPrep must be **completed 6 or more hours** before your procedure. You may not drink anything less than 6 hours before your procedure. No gum or candy. You may brush your teeth.
2. Take your usual morning medications with a **sip** of water.
3. Wear loose fitting clothes. Do not wear contact lenses, jewelry or make-up. Remove tongue piercings.
4. Bring **inhalers** with you.

5. Bring your **glasses case** with you.
6. Contact the office if you have questions or your physical condition changes (cold, fever, illness) (631) 751-8700.
7. We may **cancel the procedure if you do not have a driver to take you home**. Your driver will need to sign your discharge papers. You may **resume your normal diet** after the procedure. You **may not drive for the rest of the day/night**. You may **resume normal activities** the next day.