



**NAME:** \_\_\_\_\_

We perform procedures at the following locations:

**GIEA**  
**15005 Shady Grove Road.**  
**Ste 200**  
**Rockville, MD. 20850**

**Shady Grove Adventist Hospital**  
**Out- Patient Surgery Center**  
**9901 Medical Center Drive**  
**Rockville, MD 20850**

Please **ARRIVE** at: \_\_\_\_\_ on \_\_\_\_\_  
TIME DATE

Your procedure starts at \_\_\_\_\_ AM/PM

**COLONOSCOPY PREP KIT INSTRUCTIONS (SUPREP)**

**PLEASE PURCHASE: SUPREP (Prescription needed)**

**PLEASE FOLLOW THESE INSTRUCTIONS. NOT WHAT IS ON THE BOX**

**7 DAYS BEFORE YOUR PROCEDURE:**

Discontinue medications containing iron; follow your provider's instructions regarding aspirin, Plavix or anticoagulation medicines (e.g. Coumadin, Pradaxa, Xeloda).

**3 DAYS BEFORE YOUR PROCEDURE:** Avoid popcorn.

**THE ENTIRE DAY PRIOR TO YOUR PROCEDURE YOU MUST BE ON A CLEAR LIQUID DIET - NO SOLID FOODS.**

- Drink 6-8 glasses of clear liquids and half **MUST** contain sugar and salt
- Coffee or Tea (**NO** milk or artificial creamer)
- Clear broth or bouillon - **MUST** drink 16oz of either broth or bouillon
- Carbonated or non-carbonated soft drinks (Coke, Diet Coke, Pepsi, Sprite, etc.)
- Clear fruit juices (Apple Juice, Cranberry, White Grape, Gatorade (**NOT G2**))
- Jell-O, Popsicles, Italian Ice, hard candy

**NOTE:** DARK COLOR CLEAR LIQUIDS SUCH AS RED OR PURPLE ARE OK TO HAVE JUST BE SURE TO DRINK LOTS OF WATER AS WELL.

**FIRST DOSE: AT 7:00 P.M. THE DAY BEFORE YOUR PROCEDURE:**

- 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
- Drink ALL the liquid in the container
- You **MUST** drink two (2) more 16-ounce containers of water over the next hour

**SECOND DOSE: TO BE DONE 5 HOURS PRIOR TO YOUR PROCEDURE TIME.**

**Capital Digestive Care**

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➤ **REPEAT THE 4 STEPS FROM THE FIRST DOSE**

**DAY OF YOUR EXAM:** Take all of your morning medications with small sips of water **ONLY UP UNTIL 4 HOURS PRIOR TO YOUR PROCEDURE TIME.**

**4 HOURS PRIOR TO YOUR EXAM YOU MUST HAVE NOTHING TO EAT, DRINK, SMOKE, OR CHEW.**

**PLEASE NOTE:** IF YOU FIND IT NECESSARY TO CANCEL YOUR PROCEDURE WITHIN 48 HOURS PRIOR TO THE SCHEDULED APPOINTMENT A \$150 CANCELLATION FEE **WILL BE CHARGED.**

***If you have any urgent questions after hours, regarding the prep or procedure, please contact the Doctor on call at 301-340-3252***