

SPLIT PREP INSTRUCTIONS FOR SuPrep

Five (5) days *prior to the procedure*:

- Stop blood thinners such as Aspirin, Excedrin, Plavix, Pradaxa, Xarelto, Aggrenox, Eliquis, or Warfarin (Coumadin). This also applies to Motrin (Ibuprofen) and Aleve.

The day *before* your procedure:

- You may have a light breakfast, then clear liquids the remainder of the day.
 - NO milk, alcohol, or anything red or purple.
 - You MAY have water, juices without pulp, lemonade, coffee or tea (without creamer), chicken broth, jello, or popsicles.
- Drink eight (8) additional glasses of water throughout the day.
- Mix the SuPrep using the container in the kit, adding 10 ounces of water to the prep. There is a line on the container, be sure to dilute the SuPrep before you drink it.
- At 5:00pm drink the first 16 ounce dose. Drink at least two (2) more 16-ounce containers of water over the next hour.
- Do not take diabetic medications the night before your procedure.

The day *of* your procedure:

- You may take your morning medications the morning of your procedure, except for iron-containing medicines, blood thinners, or diabetic medications.
- Four (4) hours *before the start of your procedure*, take the remaining 16-ounce dose.
- You may drink water for 1 hour after finishing the prep, then *nothing by mouth* until after your procedure.