SUPREP Preparation Directions

One Week before the Procedure
- Purchase the SUPREP Bowel Prep Kit. You need a prescription for this kit. See enclosed prescription. Check with your insurance company to see if the prep is covered.
- If your insurance does not cover the cost of the SUPREP contact the gastroenterology office at 781-848-6040.

5 Days before the Procedure
- Stop eating raw vegetables, seeds, corn, nuts, popcorn, and thick skinned fruits and vegetables (tomatoes, celery, and strawberries etc.) Stop fiber supplements from now until your procedure.
- If you have a history of chronic constipation, contact the gastroenterology office at 781-848-6040.

3 Days before the Procedure
- Stop all iron supplements and vitamins containing iron.
- If you are on Coumadin (warfarin), Plavix (clopidrogel), Pradaxa (dagibatran), Xarelto (Rivaroxaban), or Apixaban (Eliquis), please contact the prescribing doctor for instructions on its use prior to your procedure. If you’re Coumadin is managed by the Coumadin Clinic contact them at 781-952-1219.
- If you take diabetes medicines, contact the physician managing your diabetes.

The Day before the Procedure
- Consume a clear liquid diet only (clear soup broth, tea, clear carbonated beverages, apple juice, jello, lemonade, popsicles, and ices).
  - Do not consume any red or purple jello, or red or purple liquids.
  - Do not consume alcohol.
- At 6 pm drink pour one 6 bottle of Suprep into the mixing container. Add cool drinking water up to the 16 ounce line on the container and mix. YOU MUST DRINK two more 16 ounce containers of water over the next 1 hour.
- The laxative effect can begin within 1-4 hours. Be prepared to be near a bathroom.
- Continue to drink clear liquids until bedtime.

The Day of the Procedure
- 4 to 6 hours before your procedure pour the remaining 6-ounce bottle of Suprep into the mixing container. Add cool drinking water up to the 16 ounce line on the container and mix. YOU MUST DRINK two additional 16 ounce containers of water over the next 1 hour.
- Do not drink anything, including water, for 3 hours before your arrival time. If you, do we may not be able to do the procedure.
- Allow enough time for the laxative to finish working before traveling.
- Take your morning medications after the procedure when you get home unless additional instructions are provided.
- Arrival times
  - If at South Shore Endoscopy, arrive 30 minutes prior to your procedure time. The endoscopy center does not open until 7am.
  - If at South Shore Hospital, arrive 1 hour prior to your procedure time (except if your appointment is at 7:30 AM. In that case, arrive at 7 AM)