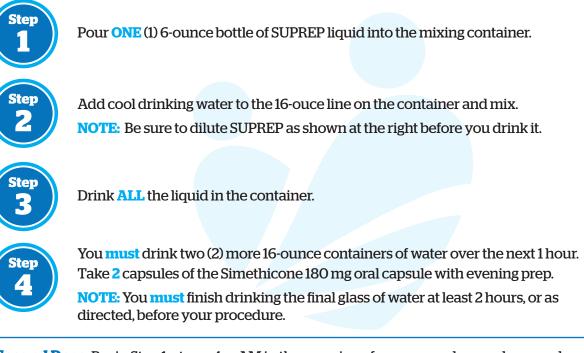
# **SUPREP Bowel Prep Instructions**

### PLEASE DO NOT EAT, DRINK, SMOKE, OR CHEW 3 HOURS PRIOR TO YOUR EXAM!!

### \*\*PLEASE STOP IRON, OR BLOOD THINNERS <u>5 DAYS</u> BEFORE!\*\* Unless specifically instructed otherwise by your physician, keep taking all of your other regularly prescribed medications including aspirin.

*First Dose:* Begin Step 1 at \_\_\_\_6 PM on the evening before your procedure and proceed as shown below.



Second Dose: Begin Step 1 at \_\_\_\_\_ AM in the morning of your procedure and proceed as shown above. Take 1 Capsule of the Simethicone 180 mg oral capsule with morning prep



If you experience any complications after 4:30 pm please call 270-781-5111 to speak with our on call physician.

IMPORTANT

## You will need to arrive at: The Medical Center, Greenview Surgery Center, or Greenview Hospital

You have an appointment scheduled for a:

on

# If you experience any complications after 4:30 pm please call 270-781-5111 to speak with our on call physician.

If you have any questions regarding this appointment or need to reschedule, please contact our office at your earliest convenience. Thank You!

## **Greenview Regional Hospital**

1801 Ashley Circle Bowling Green, Kentucky 42104 (270) 739-1000

## **Greenview Surgery Center**

484 Golden, Autumn Way Ste 100 Bowling Green, KY 42103 (270) 781-5111

## **The Medical Center**

250 Park Street Bowling Green, KY 42101 (270) 745-1000





#### Department of Gastroenterology 484 Golden Autumn Way Suite 201 Bowling Green, KY 42103 Phone: (270) 781-5111 Fax: (270) 780-0475 https://www.gravesgilbert.com/departments/gastroenterology/

#### CLEAR LIQUID DIET

Tea (Hot or Cold) Water Colas-Coke, Diet Coke, Sprite, Ginger Ale, etc. Any favor **(NO RED)** Bouillon or Clear Broth Jell-O Plain, no fruit added and any flavor (NO RED) Popsicles **(NO RED)** Apple Juice Gatorade **(NO RED)** Black Coffee – **no creamer added** Cranberry juice – this juice is okay because it's a natural red Grape Juice Kool-Aid any flavor but **NO RED** Crystal Light any flavor but **NO RED** 

#### FIBER FREE DIET

#### **NO SUBSTITUTIONS TO ANY OF THE FOODS!**

#### BREAKFAST

30 grams (1 ½ ounces) of cheese <u>OR</u> two eggs (fried/boiled) (for example, you could make 2 grilled cheese sandwiches OR 2 fried egg sandwiches) ½ cup of milk, ¼ loaf of white bread (4 slices – WHITE BREAD ONLY) 1 tbsp of olive oil or butter (used to cook with)

#### <u>LUNCH</u>

90 grams (3 ounces) of meat (beef, chicken or fish) (size of the cup/palm of your hand)
½ cup cooked white rice
½ cup of ice cream
2 tbsp of olive oil (used to cook with)

#### DINNER (to be eaten before 6 PM when starting Bowel Prep) 30 grams (1 ½ ounces) of cheese <u>OR</u> two eggs (fried/boiled)

1 cup of Jell-O <sup>1</sup>/<sub>2</sub> cup of milk, yogurt <u>OR</u> pudding 1 tbsp of olive oil (used to cook with)

#### PLEASE DO NOT EAT, DRINK, SMOKE OR CHEW AFTER YOUR MORNING PREP!!