

Rockville Internal Medicine Group  
1201 Seven Locks Road, Ste. 111  
Rockville, MD 20854  
Ph.: 301-762-5020 ext. 3056 Fax: 301-294-7569

**Suprep Method (2 day prep)**  
**Dr.Woo/ Dr. Tesfaye**

**Your procedure is scheduled for: Date:**  
**Time:**  
**Arrival Time:**

**Avoid any food containing seeds, nuts or popcorn 1 week before your procedure**

Your procedure will be performed at: Bethesda Endoscopy Center:  
Camalier Building  
10215 Fernwood Road, Ste. 260  
Bethesda, MD 20817  
301-530-2800

Please arrange for someone to drive you home after the procedure. You will not be allowed to leave alone if you have any type of sedation. If you have no one to take you home, you may arrange for the following private company to provide service:

Buckley's  
Phone: 703-390-0535  
[info@buckley4seniors.com](mailto:info@buckley4seniors.com)

RMS contact Randy  
301-946-8848 202-345-2845

For questions or schedule changes contact Rockville Internal Medicine Group @ 301-762-5020 ext. 3056 to connect with Karen

**Note: If you are canceling the night before your procedure, contact the endoscopy center directly and leave a message 301-530-2800 (There is a cancellation fee of 150.00 if you don't give 48 hour notice).**

**Medications:**

1. If possible, stop Aspirin, Advil, Motrin, and Ibuprofen, fish oil, iron supplements and Aleve 7 days before the procedure. Tylenol (acetaminophen) is ok to take. If by mistake you take any of these meds in the week before the procedure, there is no need to call the doc or cancel the procedure. We will do the procedure anyway.
2. If you are taking blood thinners like Coumadin (warfarin), Xarelto, Pradaxa, Lovenox, Plavix (clopidogrel), Aggrenox (or any others) you need to discuss the management of these ahead of time with your endoscopist.
3. You can take blood pressure medicines the day of the procedure as long as you take them 3 hours before your arrival time.

4. If you take diabetes medications, take a ½ dose of your medications. You must discuss the management of these with your endoscopist or your prescribing physician ahead of time to decide on the timing of the doses.

## **2 DAY PREP FOR PROCEDURE**

### **Take an over the counter stool softener 3 days prior to your procedure**

#### **Preparations for the Colonoscopy**

Suprep Kit (prescription is needed).

2 bottle of Magnesium Citrate (over the counter)

**Two days before your procedure**, you may have a regular breakfast then after that just clear liquid until after your procedure. Drink one bottle of Magnesium Citrate in the evening.

#### **The Day before:**

**Part 1:** In the late afternoon/ early evening the day before the procedure

First Dose: Begin Step 1 at 4pm the evening before your procedure and complete all steps using one 6 oz. bottle before going to bed.

**Step 1:** Pour one 6 oz. bottle of Suprep liquid into the mixing container. Then add cool drinking water to the 16 oz. line on the container with the mix (Dilute the solution concentrate as directed prior to use).

**Step 2:** Drink all of the liquid in the container.

**Step 3:** You must drink two more 16 oz. containers of water (clear liquids) over the next hour.

#### **Part 2- The Day of your procedure.**

**5 hours before your procedure time you will start part 2 the same way as day one.**

Second Dose: Begin Step 2, 5 hours prior to your procedure and complete all steps using one 6 oz. bottle.

**Step 1:** Pour one 6 oz. bottle of Suprep liquid into the mixing container. Then add cool drinking water to the 16 oz. line on the container with the mix (Dilute the solution concentrate as directed prior to use).

**Step 2:** Drink all of the liquid in the container.

**Step 3:** You must drink two more 16 oz. containers of water (clear liquids) over the next hour. Drink one bottle of Magnesium Citrate.

Ways to better manage the taste of your prep: Make sure the mixture is cold. Use Sprite, Ginger ale or pulp free lemonade to mix the solution. Drink Mixture with a straw. Suck on a lemon, hard candy or eat sorbet after each sip. Do not chug the solution; take a break if you feel nauseas.

**Take nothing by mouth 3 hours before your procedure time.**

**\*Regardless of weight/ size, all patients take the same dose of prep.**

## **ACCEPTABLE CLEAR LIQUIDS**

**Water**

**Any kind of soft drink (ginger ale, coke, tonic, Gatorade, etc.)**

**Apple juice**

**Orange juice without pulp is okay to have the day before the procedure, but NOT the morning of the procedure**

**Tea/ Coffee**

**Dietary Supplements (Ensure, Sustecal, Enlive, Boost-stay away from chocolate flavor)  
These are okay to have the day before the procedure, but not the morning of the procedure.**

**Clear Broth (Vegetable, Beef or Chicken)**

**Jell-O (stay away from red, blue or purple colors)**

**NO DAIRY PRODUCTS!!!!!!!**