

**Nothing by mouth including chewing gum, hard candy or mints
3 hours prior to procedure or risk delay or cancellation**

The day of your procedure:

- [] At 5:00 am, mix the second 6oz bottle of Suprep into the 16oz mixing container and stir. Drink an 8oz glass every 15 minutes until the entire solution consumed. Once completed, drink 32oz of water, this must be completed 3 hours prior to your procedure.

No clear liquids or chewing gum 3 hours prior to procedure or risk delay and/or cancellation.

- When finished with the prep, your bowel movements should be watery and see-through and free of solids (flecks are ok). The color may appear clear to yellow, green or tan.
- Take prescribed medications with a small sip of water with the exception of insulin and other diabetic medications.
- **Do not take any insulin or oral diabetic medication** on the morning of your procedure, unless otherwise directed by your gastroenterologist.
- If you use an inhaler, bring it with you to your procedure.
- Please do not wear jewelry, including body piercings, or lotion to the center.

*******Plan on a four (4) hour stay*******

A patient representative/responsible party is necessary because of the use of sedation. The doctor will not perform the procedure without knowing that a responsible party is in the waiting area.

The responsible party must:

- **Be at least 18 years of age**
- **Remain at the facility the entire time**
- **Receive discharge instructions and pertinent medical information**
- **Possibly need to assist the patient with dressing**
- **Drive the patient home**

***** ***If you have any questions, please contact our office at any time at 678-741-5000.*** *****

CLEAR LIQUID DIET INSTRUCTIONS

This diet provides foods which will leave minimal residue in the intestinal tract.

If you are having a colonoscopy or flexible sigmoidoscopy, please do not use any artificially colored red, purple or orange liquids such as Punch flavored Gatorade® or red Popsicles®.

<u>GROUP</u>	<u>LIQUIDS ALLOWED</u>
Fruit Juice	Apple juice, White grape juice.
Beverages	Black coffee, tea, carbonated beverages such as Sprite® or Coca-Cola®, Gatorade®, Powerade®, Kool-Aid®, strained lemonade. ** Make sure to AVOID all red, purple and orange coloring.
Protein	Clear broth or bouillon soups
Desserts/Sweets	Popsicles®, fruit flavored ices, flavored gelatin, Jell-O and clear hard candy. ** Make sure to AVOID all red, purple and orange coloring.
Seasoning	Lemon juice or honey for tea. Sugar for coffee. ** NO creamer.