

# EDWARD J. SHARE, M.D.

## SUPREP INSTRUCTIONS

1. Please do not eat Foods with **Nuts, Seeds, Couscous, etc.** for Four Days Prior to Procedure
2. Obtain “**SUPREP**” (requires prescription) and 1 box Dulcolax Tablets (bisacodyl laxative tablets purchased over-the-counter)
3. Mix Suprep as follows – **DO NOT** follow instructions on the Box!  
The Suprep carton contains a plastic container with two bottles for the mixing of Suprep. Empty the 1st bottle of the prep solution into the disposable container and fill with water to the line. You will do the same for the second dose of Suprep. For better taste, the solution may be refrigerated before drinking.
4. If you have infrequent BMs - less than 1/day – be sure to let us know!

### **Day Before Procedure:**

Drink only clear liquids all day for Breakfast, Lunch and Dinner. Do not eat any solid foods. Sample clear liquids allowed: Water, apple juice, grape juice, cranberry juice, bouillon, soda pop, coffee, tea. No milk or milk products; No Orange Juice or Miso soup. Fluid must be basically clear. Avoid red Jello as it colors stool red, though any other red liquids are OK. **NO SOLID FOODS...**Really!

**1st Dose of Suprep:** At 12-6:00pm the day before the colonoscopy, the earlier the better, take the first dose of Suprep solution. In addition, take approximately 16 ounces of water or clear liquids over the next several hours to maintain hydration. Loose watery bowel movements will hopefully occur in one hour or more after the start of Suprep administration.

In the unlikely situation where there is no result by 4 hours after completing the Suprep, take 2 Dulcolax tablets by mouth. If there is still no result in 2 more hours, take an additional 2 Dulcolax tablets. If you still haven't had a result in 4 hours, you'll need an alternative solution – I'd recommend you take 5 ounces of Citrate of Magnesia (comes in 10 oz bottle). If still no result in 2 hours, take 5 more ounces. If this doesn't work, go ahead with the 2<sup>nd</sup> dose of Suprep and call me around 7AM to arrange a later arrival time if possible.

### **Late Evening Before or the Day of Procedure:**

Take the second dose of Suprep between 5-8 hours before your arrival time so that it is completed at least 4 hours before your arrival time. This insures a clean colon and an empty stomach when you arrive. Taking the 2<sup>nd</sup> dose of Suprep before this may cause soiling of the colon from small intestine contents.

### **NOTHING BY MOUTH STARTING 4 HOURS PRIOR TO YOUR ARRIVAL TIME.**

**Medication:** No ASPIRIN or Plavix 5 days before procedure, unless discussed with Dr. Share  
No Oral Iron for ten (10) days prior to procedure. If you are taking Coumadin anticoagulant therapy please discuss with Dr. Share what to do about it. Regular Heart and Blood Pressure medications **should** be taken in the morning as usual before the procedure with a little water. (That fluid is OK!)

**Ride:** You must have someone pick you up from the surgery center, approximately 2 hours after arrival. You will not be able to drive until the next day, and by state regulation, you must be “discharged” to a responsible person; not a taxi driver. If you need a ride, ask Helen.

For the procedure, go to the **Linden Surgical Center**, 9735 Wilshire Blvd, Suite 100, Beverly Hills, 90210. You may be dropped off in the parking lot in back of the building with access via McCarty. You may park on Linden or in the Santa Monica Blvd city lot or in the building's parking lot but it is not validated. To access the Valet lot, go north on McCarty from Wilshire (McCarty becomes an alley). There is also a lot to the building off of Linden.

Please arrive there at: \_\_\_\_\_