

**Suprep Preparation for Colonoscopy**  
**(Sodium sulfate, Potassium and Magnesium sulfate oral solution)**

Procedure scheduled on: \_\_\_\_\_ Please arrive at: \_\_\_\_\_

☐ **Advanced Digestive Center of Southern California (ADCSC)** 555 Marin Street Suite 270-A Thousand Oaks 91360  
(805)719-0244 \*ADCSC is In-network with Anthem Blue Cross PPO ONLY

☐ **Los Robles Hospital GI Lab** 215 West Janss Road Thousand Oaks CA 91360 (805)370-4376

\*Questions about anesthesia, Please call Conejo Los Robles Anesthesiology group at (805)578-8300 for any anesthesia questions.

\*Call to pre-register 3 days prior to your procedure: Los Robles Hospital (844)761-2744 between 8:30AM and 5PM

**Please provide 5 business days advance notice by calling (805)719-0244 for any changes to this appointment. Any changes less than 5 business days, a \$250 cancellation fee and/or a \$75 rescheduling fee may apply.**

**Please purchase:**

4 Simethicone chewable tablets Over the counter gas relief (Gas-X).

6 Dulcolax (bisacodyl) Laxative tablets

4 Dulcolax (bisacodyl) Laxative suppository

1 Suprep kit – this prescription will be sent electronically to the pharmacy we have on file.

- **1 WEEK** before procedure: **STOP!** ANY Weight Loss Injectables, see Products to avoid sheet provided to you.
- **Anticoagulants:** you should have orders from your Cardiologist/PMD about when to stop taking the medication, see Products to avoid sheet provided to you.

**Preparation Instructions:**

**Two days before your procedure:**

Clear Liquid diet today and tomorrow. Please see clear liquid diet sheet provided to you.

- Drink 64 oz of water throughout the day
- 8 AM take 2 Dulcolax tablets with 16 oz Gatorade and self-administer 1 Dulcolax suppository per rectum.
- 8 PM take 2 Dulcolax tablets with 16 oz Gatorade and self-administer 1 Dulcolax suppository per rectum.

**One day before your procedure:** Clear liquids diet: please see clear liquid diet sheet provided to you.

- At 4 PM take 2 Dulcolax tablets with 16 oz Gatorade and self-administer 1 Dulcolax suppository per rectum.
- At 5 PM take 2 Simethicone chewable tablets and begin Suprep bowel prep
- **If you experience nausea, bloating, or cramping, pause for 10 minutes then continue drinking the water**



Pour **ONE** (1) 6 ounce bottle of **SUPREP** liquid into the mixing container.



Add cool drinking water to the 16 ounce line on the container and mix.



Drink **ALL** the liquid in the container.



You **MUST** drink two (2) more 16 ounce containers of water over the next one hour

- **If you are diabetic, please skip your night dose of medication as you will be fasting as of midnight. Please bring your medication with you to the procedure.**
- At 7 PM if you have NOT had any bowel movements, take 2 Dulcolax tablets with 16 oz Gatorade, and self-administer 1 Dulcolax suppository per rectum.
- 8 PM Please call Dr. Simoni if you have not had any bowel movements today (805)719-0244 option # 5.
- **DO NOT EAT OR DRINK AFTER MIDNIGHT EXCEPT FOR THE SECOND PORTION OF YOUR SUPREP Solution.**
- \_\_\_\_\_ **AM** Take 2 Simethicone chewable tablets and start the second portion of the Suprep Solution. Open the second bottle of Suprep and repeat the steps listed above (1-4) above.
- If You usually take heart and/or blood pressure medications in the mornings, Take it with a small sip of water, all other medications can wait until after your procedure **\*DO NOT EAT OR DRINK ANYTHING FROM THIS POINT ON\***