



East Valley Gastroenterology & Hepatology Associates

www.eastvalleygastro.com . Tel: (480)786-6655 . Fax: (480)786-6996

DAY BEFORE THE PROCEDURE: SUN MON TUES WED THUR FRI SAT

Do not drink alcohol

1. Breakfast: No dairy products and no fried meats. 2 pieces of toast or 1 bagel and a banana with a beverage (Juice with Pulp not permitted). **Begin clear liquid diet** and continue throughout the day.
2. **5:00 pm**-begin drinking the Suprep solution. The Suprep contains one container and two bottles of solution. Please follow the steps below:

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



STEP 2: Add cool drinking water to the 16-ounce line on the container and mix.



STEP 3: Drink ALL the liquid in the container.



STEP 4: You must drink two (2) more 16-ounce containers of water over the next (1) hour.

DAY OF THE PROCEDURE: SUN MON TUES WED THUR FRI SAT

1. _____ – Please repeat STEPS 1-4 (6 hours before the procedure)
2. You may drink clear liquids **until 4 hours** before the procedure.
3. **Take you usual blood pressure and heart medicines 6 hours before your appointment with water.**
4. **If you have asthma, please bring you inhalers with you.**

Please note: Your procedure will take approximately two hours. You must have your driver check in with you and stay at the Endoscopy Center throughout your procedure. Your driver must then drive you home.



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CLEAR LIQUID DIET

DAY BEFORE PROCEDURE

Only items on this list are permitted

BEVERAGES:

Coffee (no cream)
Tea (no cream)
7UP
Sprite
Ginger Ale

White Grape Juice
Water
Apple Juice
Lemon-Lime Gatorade
Lemon-Lime Crystal Light

SOUPS:

Bouillon
Clear Broth

Fat Free Chicken Broth

SWEETS & DESSERTS:

Honey
Sugar
Clear Popsicles
Butterscotch Candy

Jello (Plain, Lemon-Lime, or Pineapple)
Hard Candy (Green, Yellow, or Clear)
Jolly Ranchers (Green or Yellow)

NO SOLID FOODS CLEAR LIQUIDS ONLY
STAY AWAY FROM RED, PURPLE, BLUE, AND ORANGE DYES

IMPORTANT

**You must not have anything by mouth
*6 hours prior to the procedure.***

Otherwise this will result in postponement.

NO MEDICATION, WATER, GUM OR JUICE