



DR INGLE'S 2 DAY CLEAR LIQUIDS AND SUPREP

Have you had a heart attack within the last year?	☐ Yes	☐ No
Do you have any heart or blood vessel (vascular) stents?	☐ Yes	☐ No
Have you had any blood clots within the last year?	☐ Yes	☐ No
Have you recently had a medical procedure done?	☐ Yes	☐ No
Are you on any blood thinning medications such as Plavix (Clopidogrel), Coumadin (Warfarin), Lovenox (Enoxaparin), Eliquis or Pradaxa?	☐ Yes	☐ No

7 DAYS BEFORE THE PROCEDURE

- **STOP** taking aspirin or aspirin containing products. Tylenol is okay if needed.
- **STOP** taking iron containing products, such as multivitamin with iron.
- **STOP** eating foods with seeds, nuts, popcorn, etc.
- **STOP** eating all green leafy vegetables (spinach, kale, cabbage, lettuce, etc.)
- **STOP** all GLP-1 agonist medication such as Ozempic, Rybelsus, Trulicity, Mounjaro, etc. If you take this medication for diabetes, please contact your managing provider for guidance on preventing hyperglycemia.

5 DAYS BEFORE THE PROCEDURE

- **STOP** taking any non-steroidal, anti-inflammatory medications, such as Ibuprofen, Motrin, Advil, Naproxen, Celebrex, etc. Tylenol is okay if needed.
- **STOP** taking herbal supplements, such as ginger/garlic pills, ginseng, etc.
- Please check with the prescribing physician if on any blood thinners.
- If you are unsure about the medications you are taking, please call your prescribing Doctor's office for clarification.

2 DAYS BEFORE THE PROCEDURE

- **STOP ALL SOLID FOOD.** You may only have clear liquids starting when you get out of bed in the morning. Please see clear liquid guidelines.

1 DAY BEFORE THE PROCEDURE

- **CONTINUE CLEAR LIQUID DIET.** Please see clear liquid guidelines.
- At **5:00pm** follow mixing and dosing instructions for Suprep on the next page. Then continue on the clear liquid diet until midnight.

ON THE DAY OF YOUR PROCEDURE

- Only blood pressure and heart medications may be taken the morning of the procedure with the smallest amount of water possible.
- 6 hours prior to your procedure drink the 2nd dose of Suprep following the mixing and dosing instructions on the next page. Then **NOTHING BY MOUTH at least 4 hours prior to your procedure.**

**2841 Debarr Road
Building A, Suite 50
Anchorage, AK 99508
Phone: (907) 276-2811**

Updated 10/20/2023

How to Take SUPREP®BOWEL PREP KIT

On the evening before your procedure (or when your doctor tells you to begin), complete steps 1 through 4 using one (1) 6-ounce bottle before going to bed

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.

Note: Be sure to dilute SUPREP as shown before you drink it.



On the morning of your procedure, repeat steps 1 through 4 using the other 6-ounce bottle

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. **Note:** You **must** finish drinking the final glass of water at least **4 hours** prior to procedure.,





CLEAR LIQUID GUIDELINES

START LIQUID DIET 2 DAYS BEFORE YOUR PROCEDURE

BLACK COFFEE, HOT OR ICED TEA

(NO ESPRESSO, CREAM OR DAIRY)

7-UP, SPRITE, GINGER ALE

APPLE JUICE OR WHITE GRAPE JUICE

CHICKEN OR BEEF BROTH – NO CREAM OR DAIRY SOUPS

JELLO – LEMON OR LIME ONLY

POPSICLES – LEMON OR LIME ONLY

GATORADE – LEMON OR LIME OR CLEAR ONLY

WATER

ANYTHING YOU CAN SEE THROUGH SHOULD BE OKAY, AS LONG AS IT HAS NO PARTICLES. IF YOU ARE UNSURE OF SOMETHING, PLEASE FOLLOW THE ABOVE GUIDELINES OR CALL OUT OFFICE WITH QUESTIONS. MONDAY-FRIDAY 8AM-5PM (907) 276-2811

NO SOLID FOOD. NO DAIRY. NO ALCOHOL. NOTHING BLUE, PURPLE, RED OR ORANGE COLORED.

You are required to arrange a driver for your procedure. You should not work, drive or make any major decisions for up to 12 hrs after your procedure. For your safety, you cannot be released to a taxicab. To avoid cancellation, please ensure you have a reliable driver arranged prior to your procedure date.

FAILURE TO FOLLOW THESE INSTRUCTIONS COULD RESULT IN CANCELLATION OF YOUR PROCEDURE AS WELL AS A \$250.00 FEE.

Thank you for affording us the opportunity to provide you with our healthcare services.

**2841 Debarr Road
Building A, Suite 50
Anchorage, AK 99508
Phone: (907) 276-2811**

Updated 10/20/2023