

SUPREP Bowel Preparation – Split Dosing

5 days before your colonoscopy

Read all prep instructions.

Stop herbals, vitamins, and oral iron supplements.

Arrange for a driver for your procedure.

2 days before your colonoscopy

Obtain SUPREP from your pharmacy.

Confirm that you have a driver to take you home following your procedure.

The day before your colonoscopy

You may have clear liquids ALL DAY. NO SOLID FOOD. NO ALCOHOL.

Drink an extra 8 ounces of clear liquid every hour from 11am to 3pm. Gatorade is preferred. Start taking SUPREP at 5pm:

5pm – Pour ONE (1) 6-oz bottle of SUPREP liquid into the mixing container. Add cool drinking water to the 16-oz line on the container and mix. Drink ALL the liquid in the container. You MUST drink two (2) more 16-oz containers of water over the next hour.

You are encouraged to continue to drink clear liquids until you go to bed.

The first bowel movement should occur within a few hours after the start of SUPREP. You may experience some abdominal bloating and distension before the bowels start to move. If severe discomfort or distension occurs, please call our office.

The day of your colonoscopy

NO SOLID FOOD. NO ALCOHOL.

You may take your morning medications. Do not take aspirin and anti-inflammatory medications (Motrin, Advil, Ibuprofen, Aleve and others) until after the procedure.

4 hours prior to your procedure: Pour ONE (1) 6-oz bottle of SUPREP liquid into the mixing container. Add cool drinking water to the 16-oz line on the container and mix. Drink ALL the liquid in the container. You MUST drink two (2) more 16-oz containers of water over the next hour.

If your procedure is scheduled in the early morning, you'll need to get up in the middle of the night to take this dose of preparation. The correct timing of this dose is essential to an effective preparation.

You may continue to drink clear liquids until 3 hours before your scheduled procedure time.

After the procedure you may eat your usual diet unless otherwise instructed. **Drink 8 ounces of liquid at least 4 times after the procedure and before retiring for the night.**

Clear Liquid Diet – (no red or purple)

Gatorade

Clear fruit juices (apple juice)

Water, Kool-Aid

Clear soup, broth or bouillon

Tea/coffee without cream

Sodas: 7-up, Sprite, regular or diet Pepsi/Coke

Jell-O, Hard candies

Popsicles (no sherbets/fruit bars)

No solid foods, milk or milk products.