

SUPREP BOWEL PREPARATION – SPLIT DOSING

USE ONLY THESE INSTRUCTIONS AND DISREGARD ALL OTHER INSTRUCTIONS!

5 DAYS BEFORE YOUR COLONOSCOPY

- Read all prep instructions
- Stop herbals, vitamins, and oral iron supplements
- Arrange for a driver to take you to and from the procedure

2 DAYS BEFORE YOUR COLONOSCOPY

- Pick up Suprep from your pharmacy.
- **AVOID ALL NUTS AND SEEDS!**

DAY BEFORE YOUR COLONOSCOPY

- **NO SOLID FOOD OR ALCOHOL.** You may have clear liquids all day. Drink 8 ounces of liquids every hour.
- **EXAMPLES OF CLEAR LIQUIDS INCLUDE: No Red or Purple:** Gatorade – Water – Sports Drinks – Popsicles – Tea – Coffee – Broth – Sodas – Clear Fruit Juices (without pulp) – Jello – Hard Candies (i.e., life savers or lemon drops)
- **AVOID ALL NUTS AND SEEDS! NO MILK OR MILK PRODUCTS**
- **At 5pm, Pour one 6 oz. bottle of Suprep into the mixing container and add water to the 16 oz. line of the container. Drink all of the liquid. Drink 2 more 16 oz. containers of fluids over the next 1 – 2 hours. You may have some bloating and distension before you have a bowel movement. If this becomes severe, please call the office.** The Suprep should start working within a few hours.
- You may drink the prep through a straw – you won't taste it as much; suck on a sour candy after drinking the prep; if you feel nauseated, slow down and try again in a few minutes, **IF YOU HAVE ANY QUESTIONS CALL OUR OFFICE.**
- Continue to drink clear liquids until bedtime.

DAY OF YOUR COLONOSCOPY – NO SOLID FOOD OR ALCOHOL

- Take your morning medications – No aspirin or NSAIDS (Motrin, Aleve, Ibuprofen, etc.)
- If your procedure is in the early morning, you will need to get up 4 hours before the scheduled procedure time to drink the second dose of your Suprep (mixed the same way as the first dose). **4 HOURS BEFORE THE PROCEDURE: Drink the Suprep and two more 16oz. containers of water over the next hour. AT THIS TIME, STOP DRINKING ANY ADDITIONAL FLUIDS. You should have nothing by mouth for 3 hours before your procedure start time.**
- You can let your driver know you will be at the endoscopy center a total of about 1-1/2 hr. from the time of arrival.

AFTER THE COLONOSCOPY

- We will call your ride as soon as the procedure is completed. You will be ready to go home within a half hour after the end of the procedure.
- Unless told otherwise, you will be able to return to your usual diet medications. If for some reason there are restrictions on food or medications, the doctor and/or nurse will go over them with you.
- Try to drink at least four 8 oz. glasses of fluids before bedtime.