

**SUPREP with Dulcolax
Bowel Preparation for Colonoscopy**

Your Colonoscopy has been scheduled for _____, at _____ please proceed to the:
_____ Mirage Endoscopy Center
_____ Dolores Hope Building, First Floor Registration

The day before procedure- _____

- Have clear liquids for breakfast, lunch and dinner. ** It is very important that you drink water all day to maintain hydration**
- At **3:00 p.m.** take 4 (four) dulcolax tablets
- At **5:00 p.m.** pour ONE 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 1 hour. You may consume more clear liquids of your choice if desired.
- At **10:00 p.m.** you will repeat the above steps to mix the additional SUPREP liquid.
- You may continue your clear liquid diet until midnight.

The day of the procedure: _____

- 1) A friend or relative must accompany you to drive and/or assist you home.
- 2) Please have nothing by mouth after midnight, unless your procedure is late in the day, you may continue with clear liquids until _____.

Clear Liquid Diet

- ✓ Water
- ✓ Tea (caffeinated or decaf)
- ✓ Carbonated beverages-Coke, Diet Coke, Pepsi, Dr.Pepper, Sprite, etc....
- ✓ Gatorade (NO red or purple)
- ✓ Clear fruit juices –Apple, white grape, white cranberry, lemonade
- ✓ Clear beef or chicken broth, consommé
- ✓ Coffee (NO cream or milk) , you may add sugar or sugar substitute
- ✓ Clear hard candy
- ✓ Jell-O – NO red or purple, no added fruit
- ✓ Popsicles – NO red or purple, no added fruit.