

Suprep- One Day
Bowel Preparation for Colonoscopy

Your Colonoscopy has been scheduled for _____ at _____, please proceed to the:

- Mirage Endoscopy Center
- Dolores hope Building, Second Floor

The day before your scheduled procedure- _____.

- Have clear liquids for breakfast, lunch and dinner. *** It is important that you drink water all day to maintain hydration***
- At **3:00 p.m.** take 4 (four) Dulcolax tablets.
- Pour the contents of one bottle of Suprep Bowel Prep Kit into the mixing container provided.
- At **5:00p.m.** Add cool drinking water to the 16-ounce line on the container and mix. Drink ALL the liquid in the container.
- You must consume at least two (2) 16-ounce containers of water or clear liquid of your choice (options below); you may consume more if desired.
- At **10:00 p.m.** you will repeat the above steps to mix the additional Suprep liquid.
- You may continue with your clear liquid diet until midnight.

The day of the procedure- _____

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

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, purple, do not add fruit
- ❖ Popsicles- No red, purple, no added fruit