

**READ THESE INSTRUCTIONS IMMEDIATELY!**

**SUPREP- INSTRUCTIONS FOR COLONOSCOPY**

PLEASE NOTE: In an effort to improve the quality of colonoscopy, the American College of Gastroenterology guidelines for colonoscopy recommend that bowel preparations be given in split doses (one dose taken the evening before your procedure and one dose taken the morning of your procedure) and that this regimen be considered the standard care. Suprep is to be taken in split doses. When Suprep is taken as directed, and the entire preparation is completed, it provides a successful bowel cleanse approximately 98% of the time. It is imperative that you complete the entire preparation.

Be sure to tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins and herbal supplements. Suprep may affect how other medicines work. Any medication taken by mouth may not be absorbed properly when taken 1 hour before the start of each dose of Suprep.

**5 DAYS PRIOR TO YOUR EXAM:**

**Have your prescription for Suprep filled at your pharmacy.**

**3 DAYS PRIOR TO YOUR EXAM:**

Begin avoiding nuts, seeds, whole wheat breads, beans, corn, raw vegetables, or fruits with seeds or skin as they may adversely influence the quality of your exam. Discontinue these foods until after your procedure.

**1 DAY PRIOR TO YOUR EXAM:**

**Clear fluids ONLY for BREAKFAST, LUNCH AND DINNER.** Continue fasting until after your procedure. **DO NOT** have any solid food, milk or milk products. **Nothing colored RED, PURPLE. No fruits, vegetables, cookies crackers, or frozen concentrated liquids. No Alcoholic Beverages.**

**Clear Liquids Include:** (If you can see through it, it is a clear liquid)

- Water
- Chicken Broth
- Soft Drinks (Sprite, Coke, Pepsi, Orange Soda, Ginger Ale)
- Strained Fruit Juices (without pulp): Apple, White Grape, Orange, or White Cranberry
- Limeade or Lemonade
- Kool-Aid (NO RED, PURPLE OR PINK)
- Gatorade
- Coffee or Tea (**DO NOT** use any dairy or non-dairy creamer)

- Gelatin desserts without the added fruit or topping (NO RED, PURPLE OR PINK)
- Clear Hard Candies (example: Jolly Ranchers)
- Popsicles (**No sherbet or fruit bards with pulp**)

**STAY HYDRATED!**

**Evening before your Procedure- Begin at about 5:00 – 6:00 pm (1<sup>st</sup> Dose):**

Step 1: Pour ONE 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.

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.

**Morning of your Procedure (2<sup>nd</sup> Dose) – Begin 4-5 hours before procedure (Must finish all four steps 3 hours before your procedure):**

Step 1: Pour ONE 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.

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 NOT CONSUME ANYMORE LIQUIDS WITHIN 3 HOURS OF YOUR PROCEDURE. NOTHING TO EAT OR DRINK UNTIL AFTER YOUR PROCEDURE.**

**PLEASE CONTACT OUR OFFICE IF YOUR STOOL IS NOT CLEAR LIQUID (YELLOWISH COLOR IS OKAY) AFTER TAKING YOUR SECOND DOSE.**