

COLONOSCOPY PREP INSTRUCTIONS (PM exam)

SUPREP

FOR OPTIMAL PREP RESULTS, WE ENCOURAGE YOU TO DRINK CLEAR LIQUIDS UP TO 2 HOURS BEFORE YOUR PROCEDURE.

Purchase: Obtain SUPREP Bowel Kit from your pharmacy. This kit includes a split dose (2-day) regimen. Both 6-ounce bottles, included in the kit, are required for a complete prep.

DAY 1 = one day prior to colonoscopy appointment

1. Beginning at 10 AM the day **BEFORE** your colonoscopy you may only drink **CLEAR** liquids (list on back) with **absolutely no solid food or Alcohol** except for a **SMALL** breakfast before 10:00 am **Toast (or bagel) or cereal or eggs ok. NO SEEDS!**

NO SEEDS, NUTS OR POPCORN 3 DAYS PRIOR

2. **FIRST Dose – Start at _____**
 - a. Pour ONE 6 – ounce bottle SUPREP liquid into the mixing container (included in kit)
 - b. Add cool drinking water to the 16 ounce line on the container and mix
 - c. Drink all the liquid in the container. You must drink two more 16 ounce containers of water over the next one hour
 - d. Continue to drink clear liquids for the rest of the evening and night as tolerated
 - **Consider applying Desitin or Calmoseptine to your perianal area to minimize irritation and discomfort during the bowel prep**

DAY 2

1. **Second Dose – Start at _____AM, the morning of your procedure**
 - a. Pour the remaining 6-ounce bottle of SUPREP liquid into the mixing container
 - b. Add cool drinking water to the 16 ounce line on the container and mix
 - c. Drink all the liquid in the container. You must drink two more 16 ounce containers of water over the next one hour
 - d. Continue to drink clear liquids as tolerated up until two hours before your colonoscopy exam

2. STARTING TWO (2) HOURS BEFORE YOUR COLONOSCOPY EXAM

- a. **STOP ALL FLUIDS! TAKE NOTHING (NO FOOD OR DRINK) BY MOUTH**
- b. For use of your medications, refer to the orange medication instruction sheet enclosed.
- c. Call if you have questions regarding any of these instructions.
- d. See back for list of clear liquids and step by step instructions.