

SUPREP Colonoscopy Prep Instructions

Your colon must be free of stool to have a good exam. Drinking colon prep causes your colon to empty out. It is important to follow the directions closely and to drink all of the prep solution.



SUPREP can be simpler to drink but may be more costly for you.

The day before the procedure:

- **Drink only clear liquids for the whole day.** Hydrating is part of the prep. Do not drink red or purple colored liquids.
- **Do not eat any solid foods, anything colored red or purple, drink alcoholic beverages, or drink milk products.**
- Examples of clear liquids are:

• Fruit juice (no pulp)	• Water	• Clear broth or bouillon
• Black coffee or tea	• Gatorade	• Soft drinks
• Kool-Aid	• Plain Jello	• Popsicles

Between 5pm to 9pm, the evening before your procedure:

- Pour **ONE** (1) 6-ounce bottle of SUPREP liquid into the empty container. Add cool drinking water to the 16-ounce line on the container and mix. **NOTE:** You must dilute the solution concentrate as directed prior to use. Drink **ALL** the liquid in the container at once.
- Then you **must** drink two (2) more 16-ounce containers of water over the next 1 hour.

The next morning, 5 hours before your exam:

- **Do not eat anything.**
- Using the other 6-ounce bottle of SUPREP, prepare using the steps above.
- Then you **must** drink two (2) more 16-ounce containers of water over the next 1 hour. Finish drinking this liquid 2 hours before your exam.

Split Dose Colon Prep Information

Why is it better to take two separate doses?

- Colon preps taken in two separate doses work best to empty your colon. The exam cannot be done if too much stool is left in the colon and you will have to repeat the prep at another time.
- Drinking two split doses is often easier because there is less to drink at one time.

Will I be up all night taking the bowel prep?

- You should get a better night's sleep because the first dose is early in the evening.

Will I need to worry about having to stop to have a bowel movement on the way to the hospital the morning of my exam?

- The number of patients that need to stop to have a bowel movement on the way to their exam is small. But if you are worried about this or are driving a long way to get here, please call Surgical Associates for more information. The chances of needing to stop are not any higher than when taking the entire prep the night before.