

## Suprep Preparation for Colonoscopy

This is a laxative product—it works very quickly—the average time until the first bowel movement is within 1 hour of drinking the solution, but each patient is different. FOLLOW ALL OF THE STEPS COMPLETELY or your exam may be cancelled.

- Fill the prescription for the laxative solution and anti nausea medication at the pharmacy of your choice.
- 5-days before the exam: avoid nuts, seeds, corn, popcorn and skins of raw fruits and vegetables. Also stop supplements or vitamins 5 days prior.
- 1-day before the exam, you may have clear liquids only. Do not have any milk, cream, or solid food until after the exam.
- **Please cease all medicinal and recreational smoked or vaporized cannabis (weed) 12 hours prior to surgery. Ingested cannabis or CBD oil must be stopped 8 hours prior to surgery.**

What's considered a "clear liquid"?

A clear liquid is any beverage you can see through. Please avoid red or purple colored liquids. Sugar, sweetener and lemon are allowed. No cream, milk or pulpy juices are permitted.

Fruit juices

popsicle

PowerAde

Pedialyte

Gatorade

7-up, sprite

bouillon

kool-aid

tea, iced tea lemonade

broth (beef, chicken)

jello (no fruit)

water

To help prevent dehydration, it is important to drink plenty of clear liquids before, during, and after the colon-prep process. You are not permitted to have alcoholic beverages 24 hours before or after the procedure.

### **STEP 1: At 6 PM (day before exam)**

-Take 1 pill to prevent nausea.  
-Pour **ONE (1)** 6-ounce bottle into the mixing container. Add water to the 16 ounce fill line. Drink ALL the liquid in the container. **YOU MUST** drink **TWO (2)** 16 ounce containers of water over the next hour. **DO NOT SKIP THIS STEP.**

**You can continue clear liquids until midnight.**



### **STEP 2: At \_\_\_\_\_AM PM (day of the exam)**

-Take 1 pill to prevent nausea.  
-Pour **ONE (1)** 6 ounce bottle into the mixing container. Add water to the 16 ounce fill line. Drink ALL the liquid in the container. **YOU MUST** drink **TWO (2)** 16 ounce containers of water over the next hour. **DO NOT SKIP THIS STEP.**

**You must fast after Step 2. No food or drink, not even water. No smoking, tobacco use, or marijuana before your procedure.**

