

COLONOSCOPY PREP INSTRUCTIONS USING SUPREP
(IF YOUR PROCEDURE IS AFTER 12:00 NOON)

Several days prior to your procedure fill your prescription for SUPREP at your pharmacy. Please follow these instructions carefully in order to ensure a good prep for your procedure.

For 3 DAYS PRIOR TO COLONOSCOPY:

Avoid eating corn, seeds, popcorn, nuts & pits.
STOP any IRON supplements & FISH OIL medication.

1 DAY PRIOR TO YOUR PROCEDURE:

You may eat a low residue (low fiber) breakfast and lunch until 1:00pm (i.e. scrambled eggs, plain white toast, white rice, chicken or fish. NO whole grains, cereals, oatmeal etc.)

1:00 PM Onwards: You may drink CLEAR LIQUIDS only. NO solid foods or dairy products are allowed. It is VERY important to follow these instructions to ensure an effective prep. (Please DO NOT follow the instructions that are inside the SUPREP box.)

THIS PREP IS A SPLIT DOSE REGIMEN – 2 SEPARATE DOSES

At 8:00 PM:

- Pour one 6 ounce bottle of SUPREP liquid into the mixing container.
- Add cool drinking water to the 16 ounce line on the container and mix.
- Drink ALL the liquid in the container.
- You MUST drink two (2) more 16 ounce containers of water over the next 1 hour.

YOU MAY DRINK CLEAR LIQUIDS AFTER YOUR SECOND GLASS OF WATER

DAY OF PROCEDURE

- Take your usual morning medication (with any special instructions regarding blood thinners or diabetes medicine).

Five (5) hours before you plan to leave for the endoscopy center, take the second half of your Prep.

(For example, if you plan to leave at 12:00 pm the second half should be taken between 7:00am and 8:00 AM).

- Pour one 6 ounce bottle of SUPREP liquid into the mixing container.
- Add cool drinking water to the 16 ounce line on the container and mix.
- Drink ALL the liquid in the container.
- You MUST drink two (2) more 16 ounce containers of water over the next 1 hour. It MUST be completed 4 hours prior to your procedure..

<p><u>'Clear Liquids' Include:</u></p> <p>Strained Fruit Juices (No pulp) e.g. Apple, White Grape, Lemonade Water Clear Broth or Bouillon Coffee or Tea (No Milk or Non-Dairy Creamer) All of the following that are NOT colored RED or PURPLE: Gatorade or Powerade Carbonated and Non-Carbonated Soft Drinks Kool-Aid or Other Fruit-Flavored Drinks Plain Jell-O, Ice Popsicles</p>	<p><u>NOT Clear liquids:</u></p> <p>Milk Juice with pulp Alcohol Anything you can't see through.</p>
---	---

Nothing to eat or drink for 4 hours before your procedure. This includes hard candy, chewing gum, water, your prep, etc. Eating or drinking may result in cancellation or delay of your procedure.

TIPS:

- You will need to stay near a toilet during your prep, you will have diarrhea.
- If you experience nausea with the prep, give yourself a short break and then continue drinking the prep solution.