

Bowel Prep Instructions

Please follow these instructions closely. The prep will be done on the day before your procedure and the morning of your procedure. Remember to follow a clear liquid diet the entire day before your procedure.

SUPREP:

THE DAY BEFORE YOUR COLONOSCOPY

Beginning at 6:00pm follow steps 1-4 using (1) 6 ounce bottle:



Pour ONE (1) 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*****

THE DAY OF YOUR COLONOSCOPY

Beginning at 5:00am follow steps 1-4 using (1) 6 ounce bottle:



Pour ONE (1) 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 must finish step 2 by 6:00am ***
and then NOTHING by mouth after 6:00am.**

Please Note: If nausea or vomiting occurs during the prep, stop the prep for one hour and then restart. If symptoms continue, drink 2 bottles of Citrate of Magnesia in place of the prep. This can be purchased over-the-counter at any pharmacy.

****It is important to drink all of the clear liquids in order for your prep to work properly!****