

SUPREP PATIENT INSTRUCTIONS

You will need to drink the Suprep laxative solution to clean your colon. You must complete the entire prep to ensure the most effective cleansing. Purchase one Suprep kit from your pharmacist using the enclosed prescription. **Please pick up your Suprep perscription one week prior to your procedure!** Less expensive alternatives are available with a perscription but require drinking more volume and are to be asked for before or at the time of picking up prescription.

YOU MUST NOTIFY OUR OFFICE WITHIN 72 HOURS OF APPOINTMENT IF A PRE-AUTHORIZATION OR NOTIFICATION IS REQUIRED.

YOU MUST NOTIFY OUR OFFICE WITHIN 48 HOURS IF YOU NEED TO CANCEL YOUR PROCEDURE TO AVOID BEING CHARGED A POSSIBLE \$100 NO SHOW FEE.

One Day Before Your Colonoscopy: No solid foods – **Clear liquids ONLY** throughout the day. **NOTHING RED OR PURPLE!** NO fruits, vegetables, cookies, crackers, or frozen concentrated liquids.

Clear Liquid Diet List:

Soft Drinks, Strained fruit juices (Apple Juice, White Cranberry, White Grape Juice), Kool-Aid, Gatorade, Ginger Ale, Coffee, Tea, Water, Chicken or Beef broth/bouillon, Gelatin without added fruit or topping, Hard Candies (example: Jolly Ranchers), Popsicles (No sherbet or fruit bars). **NO MILK CREAMERS, NO DAIRY, NO ALCOHOLIC BEVERAGES! NOTHING RED OR PURPLE!**

If your procedure is scheduled before 12:00 p.m.:

Evening before your Colonoscopy – at 6:00 pm (1st Dose):

- Step 1: Pour ONE 6-ounce bottle of SUPREP liquid into the mixing container.
- Step 2: Add cool drinking water to the 16-ounce line on the container and mix.
- Step 3: Drink ALL the liquid in the container.
- Step 4: You MUST drink two (2) more 16-ounce containers of water over the next 1 hour.

Evening before your Colonoscopy – at 10:00 pm (2nd Dose):

Repeat steps 1-4

If your procedure is scheduled at 12:30 p.m. or later:

Evening before your Colonoscopy – at 6:00 pm (1st Dose):

- Step 1: Pour ONE 6-ounce bottle of SUPREP liquid into the mixing container.
- Step 2: Add cool drinking water to the 16-ounce line on the container and mix.
- Step 3: Drink ALL the liquid in the container.
- Step 4: You MUST drink two (2) more 16-ounce containers of water over the next 1 hour.

Morning of your Colonoscopy – 5:00 a.m. (2nd Dose) Finish by 7:00 a.m. no later:

Repeat steps 1-4

AFTER COMPLETING THE PREP DO NOT EAT OR DRINK ANYTHING UNTIL AFTER YOUR PROCEDURE!!!!