

SUPREP Instructions

IF YOU ARE TAKING SUPREP THE NIGHT BEFORE YOUR COLONOSCOPY:

- Have a normal full breakfast. After breakfast, you can only have a clear liquid diet which can include water, coffee, tea, clear juice, clear broth, ginger ale, Gatorade

Clear Liquid:

- Gatorade, Pedialyte or Powerade Clear Broth or Bouillon
- Coffee or Tea (No Milk or Non-Dairy Creamer)
- Carbonated and Non-Carbonated Soft Drinks
- Kool-Aid or Other Fruit-Flavored Drinks
- Strained Fruit Juices (No pulp)
- Jell-O, Popsicles, Hard Candy

Not Clear Liquid:

- *No red or purple items of any kind*
- *No alcohol*
- *No milk or non dairy creamers*
- *No noodles or vegetables in soup*
- *No juice with pulp*
- *No liquid you cannot see through*

- At 5 p.m., you will take the first half of the SUPREP which involves putting the bowel prep kit liquid into the mixing container that is provided and adding water to the fill line (16 ounces). You will drink the entire amount and in addition, you are to drink two (2) additional containers of 16 ounces of water over the next hour.

IF YOU ARE TAKING SUPREP THE DAY OF YOUR COLONOSCOPY:

- 5 Hours before your scheduled procedure you are to repeat the same process by adding the bowel prep liquid to the cup and filling it with water to the 16 ounce line. You are to follow with two (2) additional 16 ounces of water over the next hour. After you have completed this, there is to be absolutely no further ingestion of liquids or food. **You must have been without any liquids including the prep for at least four (4) hours prior to the procedure.**
- You may take your morning blood pressure medication as usual with a slight sip of water. Blood thinners and diabetes medications: follow doctors specific instructions for the day before and morning of your procedure.
- Bring your medication reconciliation sheet, or current list of medications with dosages, with you to your appointment.
- Bring your insurance card, license and co-pay.
- All females under the age of 50 will be asked to provide a urine sample prior to the procedure.
- An adult must drive you home; you cannot drive for the remainder of the day. Your ride should be in the office to pick you up 1 hour after your scheduled procedure. Even though you may not feel tired, your judgment and reflexes will be impaired due to the anesthesia used during your procedure.