

# SUPREP BOWEL PREP KIT

## Instructions for Colonoscopy Prep

**\*\*READ INSTRUCTIONS CAREFULLY - AT LEAST 5 DAYS PRIOR TO PROCEDURE\*\***  
**DO NOT EXCEED RECOMMENDED DOSE AS SERIOUS SIDE EFFECTS MAY OCCUR**

Your physician will provide you with a prescription and you will need to obtain Suprep Bowel Prep Kit from your pharmacy.  
**NOTE:** Individual responses to laxatives do vary. This prep should cause multiple bowel movements. It often works within 30 minutes but may take up to 3 hours. **Please remain within easy reach of a toilet.**

**MANUFACTURER'S DIRECTIONS MAY DIFFER, PLEASE FOLLOW INSTRUCTIONS BELOW.**

» Multiple bowel movements may irritate the anal area, clean thoroughly after each bowel movement to reduce irritation.

A diaper rash ointment may be used, if desired. However, do not wear ointment to appointment.

» **\*\*Blood thinners - contact Kayla, at physician's office, if you take prescription blood thinners at home.**

» Discontinue any fiber supplements and stop eating popcorn at least five (5) days prior to your procedure. »

» If you take narcotics, or suffer from chronic constipation, please take Miralax twice a day for five days prior to procedure.

» Do not take iron pills for the 3 days prior to your colonoscopy.

### DAY BEFORE COLONOSCOPY - clear liquids only

1) Drink only "clear liquids" for breakfast, lunch and dinner. **NO solid foods, milk or milk products.**

**We realize that the Suprep instructions say that you may have breakfast, but please DO NOT EAT BREAKFAST.**

(Consume at least 2 liters of any of the following)

**"CLEAR LIQUIDS" INCLUDE: (avoid red and purple colors in the clear liquids below)**

- |  |   |
|--|---|
| » Strained fruit juices without pulp (apple, white grape, lemonade)    | » Clear soup (no noodles)                   |
| » Clear broth or bouillon  | » Coffee or tea (without milk or creamer)   |
| » Water  | » Slush or Iced                             |
| » Gatorade, Ice Popsicles  | » Kool-Aid (or other fruit flavored drinks) |
| » Plain Jello (without added fruits or toppings, avoid red and purple) | » Clear Ensure                              |
| » Carbonated & non-carbonated soft drinks                              |   |

2) Take your usual medicines. Avoid taking medications within 1 hour before start of Suprep doses.

3) At **7:00 PM** the night before your colonoscopy, begin taking your laxative as follows:



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 more 16 oz. containers of water over the next one hour.

4) **Please stay close to the toilet facilities.**

### DAY OF EXAMINATION - clear liquids only

1) **4 HOURS BEFORE** leaving for your appointment....you will take the morning dose of your laxative.

→ Repeat the four steps listed in #3 above using the other 6 - ounce bottle.

→ You may have as much clear liquid as you need up until you are finished with your prep.

→ After drinking the last glass, do not have anything else by mouth until after your procedure.

2) Stay close to the toilet facilities.

3) **Take heart and blood pressure medicines as normal. Do NOT take diuretics. Consult with prescribing physician about diabetic medications. Follow physician's directions regarding blood thinners.**

4) Plan to arrive at your scheduled arrival time. The average length of stay is approximately 2 hours.

**NOTE:** The laxative prep is intended to evacuate your colon. Ideally your bowel movements, prior to leaving for your procedure, should be clear. You should be able to see the bottom of the toilet. Mucous, sediment and color tint are normal. If your bowel movements are dark or have substance, please give yourself one or two Fleets enemas or call the office for additional instructions.