



Southwest Gastroenterology, P.A.

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Board Certified in Gastroenterology and Internal Medicine

SUPREP INSTRUCTIONS FOR COLONOSCOPY

READ ALL INSTRUCTIONS BEFORE STARTING

3 days prior to your procedure, please stop vitamins, iron pills, blood thinners, (does not include blood pressure medications), stool formers such as Imodium, and fiber supplements. Unless previously instructed, do not take routine medications the day of the procedure. *** We advise purchasing Suprep five days prior to the procedure.*** (Prescription can be filled at most local pharmacies.)

Your doctor has prescribed Suprep solution as a bowel cleansing preparation prior to your colonoscopy. Suprep is packaged with a 16 ounce container and two bottles of solution. Follow these instructions very carefully to ensure a clean bowel preparation prior to your colonoscopy:

All day on the day before your procedure: Start a clear liquid diet (no solid foods). Clear liquids include: Broth chicken or beef, water, apple juice, Gatorade, white grape juice, soft drinks, coffee and tea (without milk or non-dairy creamer), orange drink (Hi-C or Crystal Lite), jello, bouillon, popsicles, and lemonade. **DO NOT DRINK MILK OR MILK PRODUCTS. DO NOT DRINK ANYTHING RED OR PURPLE. NO TOBACCO PRODUCTS THE MORNING OF PROCEDURE.**

At 12:00 Noon, the day before your procedure, begin drinking the Suprep. 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 one (1) hour; **this is required.** After drinking your first prep dose, you may continue with the clear liquid diet.

At 11:00 pm, the day BEFORE your procedure, begin drinking the second dose of Suprep. 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 one (1) hour; **this is required.** After completion of the prep, **take 2 Gas-X capsules. Do not eat or drink any more after this.**

Remember: Do not eat solid foods, drink dairy products, or consume anything red or purple the day before your procedure. Report to the facility, indicated above, and bring someone with you that can safely drive you home. Due to the sedation given during the procedure, you will not be permitted to drive upon departure (NO taxi). You will need someone to drive you home.

**Please Note: Call the hospital two days before your procedure to pre-register:
GRMC: 830-401-7445 or Christus Santa Rosa: 830-643-8600 or Otto Kaiser: 830-583-3401**