



## **Bowel Prep for Colonoscopy using Suprep Bowel Prep Kit**

Colonoscopy is a routine, generally safe, pain free procedure used to examine the colon.

Make arrangements for someone to drive you home after the procedure. Colonoscopy involves sedation and you will not be allowed to leave the facility unaccompanied.

Follow the physician's instructions regarding medications and bowel prep.

For the preparation you will need:

1. Suprep Bowel Kit picked up from your pharmacy.

### **The Day before the Colonoscopy:**

1. **Drink only clear liquids throughout the day. No solid or soft foods. No dairy products of any kind. Avoid red or purple clear liquids. Remember clear liquids are those you can "see through."**

**Beginning at approximately 4:00 pm the day before:**

- **Pour contents of one bottle of SUPREP Bowel Prep into the mixing container provided. Fill container to the 16 oz. fill line and drink the entire amount.**
- **Drink two additional containers filled to the 16 oz. line with water over the next hour.**

**At 9:00 pm the day before:**

- **Pour the contents of the second bottle of SUPREP Bowel Prep into the mixing container provided. Fill the container with water to the 16 oz. line with water and drink the entire amount.**
- **Drink two additional containers of water to the 16 oz. line over the next hour.**

If you are having an EGD along with your colonoscopy, **NOTHING TO DRINK AFTER MIDNIGHT.**

Day of Colonoscopy:

You may drink a small amount of clear fluids 4 hours before your arrival time for your procedure.