

2 DAY COLONOSCOPY PREPARATION INSTRUCTIONS USING SUPREP

Patient Name: _____ Doctor: _____

Facility where procedure is to be performed: Southeast Valley Endoscopy Center

Date: _____ Check-in at _____ a.m./p.m. with procedure to follow an hour later.

Fill prescription for SUPREP BOWEL PREP KIT at your pharmacy.

TWO DAYS BEFORE YOUR PROCEDURE: For the entire day, follow a full liquid diet only – Smooth ice cream, milk, pudding, vegetable juice, fruit juice/nectar, liquid supplements (Boost, Ensure, Resource, Sustacal), soup (broth, bouillon, consommé, and strained cream soups – **but NO SOLIDS**.

FOR THE ENTIRE DAY BEFORE YOUR TEST, FOLLOW A CLEAR LIQUID DIET. NO SOLID FOODS MAY BE EATEN! We recommend that you drink at least 32 ounces of clear fluids before beginning the prep. Clear liquids include water, pulp-free juice, tea, coffee, soda, clear broth, Jell-O, Popsicles, and Gatorade. *Please do not consume milk, milk products, non-dairy creamer, red or purple products or alcoholic beverages.* You may continue to drink clear liquids up to four hours prior to your check-in time.

TAKE NOTHING BY MOUTH 4 HOURS PRIOR TO YOUR CHECK-IN TIME – THIS INCLUDES WATER, GUM AND MINTS. For medication instructions, please see back of sheet.

WHEN TO DRINK THE LAXATIVE SOLUTION:

- ☐ **If you have a check-in time of 9:30 a.m. or earlier:**
 - **At 5:00 p.m. the day before your colonoscopy,** 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 then drink two (2) more 16-ounce containers of water over the next 1 hour. This is necessary to ensure adequate hydration and an adequate prep.
 - **At 10:00 p.m. the day before your colonoscopy,** again 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 then drink two (2) more 16-ounce containers of water over the next 1 hour. This is necessary to ensure adequate hydration and an adequate prep.
 - You may continue to drink clear liquids until 4 hours prior to your check-in time.
- ☐ **If you have a check-in time of 10:00 a.m. or later:**
 - **At 7:00 p.m. the day before your colonoscopy,** 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 then drink two (2) more 16-ounce containers of water over the next 1 hour. This is necessary to ensure adequate hydration and an adequate prep.
 - **On the day of your colonoscopy, at _____ a.m. (5 ½ hours before your check-in time)** 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 then drink two (2) more 16-ounce containers of water over the next 1 hour. This is necessary to ensure adequate hydration and an adequate prep.
 - You may continue to drink clear liquids until 4 hours prior to your check-in time.

REMINDER: Nothing by mouth 4 hours before your check-in time.

Failure to follow these instructions could result in your procedure being postponed or cancelled. This is for your safety and to prevent an increased risk of pulmonary aspiration due to insufficient time to allow stomach contents to be emptied.