

# SUPREP BOWEL PREP KIT PREPARATION FOR COLONOSCOPY

*EFFECTS OF BOWEL PREPARATION:* The solution will cause you to have repeated loose stools (diarrhea), which is the expected result. The solution usually works within 30-60 minutes but may take as long as 4 hours to have an effect. During the preparation process you are advised to stay close to a bathroom.

**At least one week prior to the procedure:** Please read all of the instructions carefully. It is advised that you take the prescription to your pharmacy to have it filled. It is advised that you refrigerate the entire box after picking it up from the pharmacy. This will help make it more tolerable.

**The day prior to the procedure:** The day prior to your colonoscopy you can only have clear liquids all day. It is important that you drink plenty of fluids so you do not become dehydrated as a result of the prep.

Example of clear liquids: Water, Jell-O, Coffee, **Soda**, Gatorade, Tea, Popsicles, Clear broth & Bouillon.

- **Do not drink anything that is Red or Purple in color..**

## **Preparing the solution:**

The Suprep carton contains 2 small brown bottles of solution and a disposable container for mixing. To prepare the solution you will use 1 small brown bottle and will need to prepare the solution twice, at two different times. Empty 1 small brown bottle of solution into the disposable container. Add cold drinking water, filling the container up to the top line. This will be a total of 16oz of fluid. Stir the solution and water to mix well. You must complete the entire prep to ensure the most effective cleansing.

**Please follow these instructions carefully (DO NOT follow the instructions on the prep box)**

## **If you are to report at 10:15 am or earlier:**

**\*\*At 4pm** you will need to prepare the solution as instructed above. Once prepared, you must drink the entire amount within 30 minutes for best results. You must drink 4 glasses (32oz) of any clear liquid within 1 hour of finishing the solution. For easy measuring, fill the disposable container to the fill line with any clear liquid, drink and repeat. This will total the required 32oz. of clear liquids.

**\*\*At 10 pm** you will need to prepare the second dose of solution as instructed above. Once prepared, you must drink the entire amount within 30 minutes for best results. You must drink 2 glasses (16oz) of any clear liquid within 1 hour of finishing the solution. For easy measuring, fill the disposable container to the fill line with any clear liquid and drink. This will total the required 16oz. of clear liquids. You may remain on clear liquids until midnight, nothing after midnight.

## **If you are to report at 10:30 am or later:**

**\*\*At 7pm the evening before,** you will need to prepare the solution as instructed above. Once prepared, you must drink the entire amount within 30 minutes for best results. You must drink 4 glasses (32oz) of any clear liquid within 1 hour of finishing the solution. For easy measuring, fill the disposable container to the fill line with your clear liquid, drink and repeat. This will total the required 32oz. of clear liquids. You may remain on clear liquids until midnight.

**\*\*The morning of your procedure: Six (6) hours prior to your procedure time (not arrival time)** you will need to prepare the second dose of solution as instructed above. Once prepared, you must drink the entire amount within 30 minutes for best results. You must drink 2 glasses (16oz) of any clear liquid within 1 hour of finishing the solution. For easy measuring, fill the disposable container to the fill line with your clear liquid and drink. This will total the required 16oz. of clear liquids.