

Gastroenterology

SUPREP Colonoscopy Prep

Procedure After Noon

Bowel Preparation Instructions:

1. The day before your colonoscopy, diet is to consist of CLEAR LIQUIDS ONLY (no solid food). Do not consume liquids that are red or purple in color. Do not consume milk products or juices with pulp. Clear liquids include: water, black coffee, tea, apple juice, white grape or cranberry juice, lemonade, sports drinks (Gatorade, PowerAde, etc.), clear beef, chicken or vegetable broth, Jell-O, popsicles, frozen sorbet, or Italian ice. Alcoholic beverages are not permitted.
2. SUPREP bowel prep solution can be refrigerated.
3. At 7:00 PM, pour one (1) 6-ounce bottle of SUPREP liquid into the mixing container. Add cold drinking water or any clear liquid 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 or other clear liquid following the PREP solution. You can continue to drink clear liquids during the evening.
4. At 5:00 AM, the morning of your procedure, pour the last 6-ounce bottle of SUPREP liquid into the mixing container. Add cold drinking water or any other clear liquid 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 or other clear liquids following the PREP solution. You MUST finish this process by 8:00 AM.
5. You may continue to consume clear liquids until 4 hours before your procedure time. In all circumstances, consume nothing further by mouth within four (4) hours of your procedure time except for a sip of water for necessary medications. By way of example, if your procedure time is 2:00 PM, you may continue to consume clear liquids until 10:00 AM.

Prep Guide

	Dark and murky
	Brown and murky
	Dark orange and semi-clear
	Light orange and mostly clear
	Yellow and clear

Contact the on-call Gastroenterologist (941-262-0400) if any problems arise during the bowel preparation process.