

Bowel Preparation Instructions – SUPREP

Any questions please call (631)-289-0300 ext. 224.

3 DAYS PRIOR to the PROCEDURE:

- Do not eat foods high in fiber.
- Examples are whole grain breads and cereals, fruits, nuts, seeds, quinoa, popcorn, and cooked or raw vegetables.
- Do not take any fiber supplements.

On the DAY BEFORE Your PROCEDURE:

DIET

- Consume only clear liquids the entire day before
- Okay to consume one protein shake, before 11 am, but only from the following lists:
 - Protein powder mixed with water or milk
 - Pre-made Protein shake
 - AVOID FRUIT or VEGETABLE shakes.
- Clear beef or chicken broth
- Popsicles, except for red, purple or blue
- Coconut water (NOT coconut milk)
- Strained fruit juice such as apple or white grape juice
- Coffee and tea (without cream or dairy products)
- Gatorade
- Soft drinks
- Kool-Aid
- Jell-O
- Do not drink alcohol

At 11 AM: Begin Drinking ONLY clear liquids. NO MORE PROTEIN SHAKES.

A clear liquid is one that can you see through.
Examples of clear liquid are as follows:

PREP – Procedure 9am or later

7pm - Start 1st Dose:

1. Pour ONE (1) 6 oz bottle of SUPREP[®] liquid into the mixing container.
2. Add cool drinking water to the 16 oz line on the container and stir to mix.
3. Drink ALL the liquid in the container.
4. You must drink two (2) more 16 oz containers of water over the next 1 hour.
 - *Drink plenty of clear liquids during and after bowel-prep process to help prevent dehydration*

On the Morning/Day of your PROCEDURE

6am – start 2nd Dose:

- Follow steps 1 – 4 above.
- Be sure to finish drinking all of your laxative by 7am.
- If you take daily medication(s), you may do so up until 2 hours before your scheduled report time with small sips of water.
- If you take blood thinners, follow the instructions your health care provider gives you.
- Arrange for a ride home. You will be drowsy after the exam and will need an escort, 18 years or older. If taking a medical cab service, you will need an escort as well to take you home.

The importance of a GOOD PREP

Your prep is one of the most important parts of your colonoscopy. Without a good prep, your bowel empty and clean, your gastroenterologist will not be able to see your colon clearly. This could lead to missing a polyp/lesions or rescheduling your colonoscopy.