

# Suprep Bowel Prep Instructions

## **One Week Before:**

- Avoid eating: seeds, nuts, granola, corn, quinoa, and popcorn
- Review the **Medication Tab** also on the COSC website to hold specific medications.
- Make sure to fill out your health history on [www.1MP.com](http://www.1MP.com) Not doing so could result in a cancellation or a reschedule of your procedure(s).

## **One Day Before Colonoscopy:**

- **CLEAR LIQUIDS ONLY** - no solid food
  - Allowed
    - Clear Fat-Free Broth (any flavor)
    - Tea or Coffee (no creamer or dairy) - sugar/honey are ok
    - Clear juices - apple, white grape
    - Carbonated beverages - Coke, Pepsi, Ginger-Ale, 7UP, Sprite, Ice - flavored water
    - Gatorade or other sports drinks
    - Flavored gelatin (Jello)
    - Popsicles (without milk or fruit pieces)
    - Electrolyte Water - Propel, Smartwater, Fuji Water
    - Clear Ensure - NOT chocolate, strawberry, or vanilla
  - \*\*NOTHING THAT IS RED, BLUE, OR PURPLE\*\***
  - NOT Allowed
    - No dairy products (including oat and soy milk)
    - No alcohol
    - No juices with pulp (orange, pineapple, grapefruit)
    - No lemons or limes (including lemonade)

**It is important that you drink fluids and stay well hydrated prior to your colonoscopy.**

**\*\*You MUST remain on a clear liquid diet until after your colonoscopy.\*\***

## **Bowel Prep:**

- Follow these instructions - DO NOT FOLLOW INSTRUCTIONS ON THE BOX

## **SuPrep instructions:**

For your procedure you will take one half of the prep the evening before the procedure, and the other half the morning of the procedure.

**Take one tablet of optional Ondansetron 30 minutes prior to each dose of Suprep for nausea.**

**Dose one:** 6pm the day prior to your procedure, pour the 1st bottle of Suprep liquid into the mixing container and fill the container to the "fill line" with cool water; mix. Drink all of the liquid in the container. You must drink two more 16 oz containers of water over the next 1 hour. Continue drinking clear liquids all evening.

### **DAY OF PROCEDURE:**

**Dose two:** The day of your procedure, **6 hours before your ARRIVAL time**, pour the 2nd bottle of Suprep into the mixing container and fill the container to the "fill line" with cool water; mix. Drink all of the liquid in the container. You must drink two more 16 oz containers of water over the next 1 hour.

Please drink additional clear liquids (water, black coffee - without milk or cream, apple juice, soda pop or club soda) until **4 hours prior to your ARRIVAL time.**

### **Day of Procedure:**

- **Do NOT smoke, chew tobacco, chew gum, or have hard candies or mints.**
- ONLY CLEAR LIQUIDS- no solid food
  - Water
  - Black coffee (no creamer or dairy products) - sugar/honey are ok
  - Apple juice
  - Clear soda - 7Up, Sprite, club soda

**\*\*NOTHING BY MOUTH 4 HOURS PRIOR TO ARRIVAL OR YOUR CASE WILL BE CANCELLED\*\***