

Gastro Health
Gastroenterology, Gastrointestinal Endoscopy, Hepatology
(239) 939-9939

PREPARATION FOR COLONOSCOPY WITH SUPREP
Morning Prep

You have been scheduled to undergo Flexible Sigmoidoscopy or Colonoscopy. In order for the examination to be successful, your colon must be completely cleared of stool. For this reason, you must take a laxative preparation the day before the procedure. **Please follow these instructions carefully not the box instructions.** If your colon is not completely clear, it may interfere with the ability to diagnose your problem and could even require that the test be repeated. This preparation is safe in all patients, including those with a history of congestive heart failure or kidney failure.

Please call our office if you have any questions about the preparation or if you have any problems during the laxative preparation **239-939-9939**

Your procedure is scheduled on: _____

The Facility you are to report to: _____

Please arrive for the procedure at: _____

You must have someone drive you home. You will be unable to drive until the day after the procedure.
INSTRUCTIONS THE DAY BEFORE THE PROCEDURE IS SCHEDULED:

On _____ you will be on **clear liquids only for the entire day (NO SOLID FOODS OR MILK PRODUCTS)** Clear liquids are coffee, tea, soda, water, apple/white grape juice, broth, Jell-O Gatorade, and popsicles. Drink plenty of clear liquids all day until you go to bed.

On _____ Step 1: **(First Dose)** Beginning at 3:00PM, pour the entire content of 1 bottle of Suprep Bowel prep kit into the mixing container provided.

Step 2: Fill the container water to the 16oz fill line as indicated on the mixing container. Drink the entire amount.

Step 3: Over the next hour, drink, 2 additional 16oz containers of plain water.

(Second Dose) Beginning at 9:00PM, **Repeat steps 1 through 3.** (MUST TAKE BOTH DOSES TO COMPLETE PREP)

We strongly encourage you to drink plenty of clear liquids as you want until midnight.

NOTHING BY MOUTH AFTER MIDNIGHT. Please refrain from smoking the day of the procedure

Failure to take the prep as indicated may result in a poorly cleansed colon.

Shopping List:

Clear liquids- (listed above)

Suprep - (prescription)