

COLONOSCOPY PREPARATION WITH SPLIT DOSE SUPREP

- ONE WEEK BEFORE PROCEDURE : Make sure to review instructions and pick up needed prescriptions or over-the-counter medications.

AVOID consuming corn, seeds, and nuts from this date on until your procedure is completed.

PURCHASE the following from your pharmacy or grocery store:

* **Suprep - script sent to your pharmacy electronically**

REVIEW these instructions and the attached Medication Check List.

- DAY BEFORE PROCEDURE :

NO SOLID FOODS OR DAIRY PRODUCTS TODAY

CLEAR LIQUIDS ONLY TODAY (anything you can see through)

Examples include: water, broth, black tea or coffee (no creamer), clear juice without pulp such as apple or white grape, jello, clear soda such as Sprite or Ginger-ale, clear Ensure or Pedialyte, popsicles, sorbet, hard candy, Gatorade and other sport drinks. **Avoid red or purple colored liquids.** No alcoholic beverages. Be aware that carbonated beverages may cause bloating.

At 6:00pm - Pour one 6oz. bottle of Suprep liquid into the mixing container. Add cool drinking water to the 16oz. line on the container and mix. Drink all the liquid in the container. You **must** drink 2 additional 16oz. containers of water over the next hour.

BE SURE TO DRINK PLENTY OF CLEAR LIQUIDS WHILE PREPPING FOR THE PROCEDURE.

Some patients do experience nausea and/or vomiting while preparing for this procedure. If this happens, you may need to take a short break from drinking the mixture. **It is essential to complete your entire prep.** Bowel movements are not predictable - don't worry if it takes several hours after you drink the first dose of the prep before you have bowel movements.

- DAY OF PROCEDURE :

At 1:30am or 6 hours prior to procedure - Pour one 6 oz. bottle of Suprep liquid into the mixing container. Add cool drinking water to the 16oz. line on the container and mix. Drink all the liquid in the container. You **must** drink 2 additional 16oz. containers of water over the next hour. You should achieve bowel movements that are clear-yellow liquid.

*****Nothing by mouth 4 hours before colonoscopy. This includes gum, mints, cough drops and liquids.**

- Wear comfortable clothes. Do not wear contacts.
- Female patients under the age of 50 will be required to provide a urine sample for pregnancy testing

If you have any questions, please refer to our website, www.gastrowny.com.