

SUPREP PREP

Day Before Your Colonoscopy

The entire day before the procedure only clear liquids (see list below).

Acceptable clear liquids: (any of the following not colored red or purple)

Apple juice, white grape juice, strained fruit juices without pulp, sports drinks such as Gatorade, Jell-O, popsicles, (read the label, some can contain dairy/fruits), clear soda, tea, black coffee, flavored water or broth.

STOP all broth or Jell-O 8 hours before procedure.

Solid food, milk or milk products are not allowed.

NO MARIJUANA 48HRS BEFORE PROCEDURE

***NOTHING BY MOUTH 4 HOURS PRIOR TO PROCEDURE
INCLUDING GUM OR MINTS***

BETWEEN 3PM AND 6PM – START YOUR SUPREP PREP

STEP 1: Pour the entire contents of **ONE bottle** of SUPREP Bowel prep kit into the mixing container provided. Then add 16 oz. of water to the container to fill the line as indicated on the mixing container.

Drink the entire amount.

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

• **Make a conscious effort to drink as much clear liquids as you can before and during the preparation.**

IMPORTANT: If you experience preparation-related symptoms (for example, nausea, bloating, or cramping), pause or slow the rate of drinking the additional water until your symptoms diminish. Drink additional water.

Day Of Colonoscopy

STEP 1: 5-8 hours before your procedure, pour the **SECOND bottle** of SUPREP Bowel prep kit into container provided. Then add 16 oz. of water to the container to fill the line as indicated on the mixing container.

Drink the entire amount.

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

- **You must complete liquids 4 hours before your procedure.**

***REMINDER: NOTHING BY MOUTH 4 HOURS PRIOR TO PROCEDURE INCLUDING GUM, MINTS, ETC**

(Once the prep is completed, your stool should be clear to yellow (urine color). If not, please call our office. 520-795-3090. If you do not follow these instructions, your prep may not meet the requirements for us to complete the procedure and could possibly have to be rescheduled.



You must have someone drive you home after your procedure. You will not be allowed to leave by yourself. You will not be able to drive for the remainder of the day.

****Diabetic Patients****

Blood Sugar Management:

Please check your blood sugar more frequently throughout the day during this 2-day prep. When selecting liquids, please drink regular juices and sodas. You may drink non-diabetic products the day before the procedure. If your blood sugar becomes low during your preparation, you may drink clear juices to help raise your blood sugar. If you have any concerns regarding your blood sugar or it has become low at any point during your prep, please call our office, and speak to one of the nurses 520-795-3090. If it is after hours, you will speak to a doctor on call.

A 48-hour (business days) notice is required if you need to cancel or reschedule your appointment, or you will be charged a cancellation fee of \$100.00.