

COLONOSCOPY PREPARATION INSTRUCTIONS

using Suprep® or generic (sodium sulfate/ potassium sulfate/magnesium sulfate)

Obtain the following:

1. Suprep® or generic bowel prep kit

Day PRIOR to the procedure:

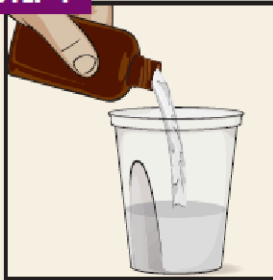
1. May have a light early breakfast followed by only clear liquids for lunch and dinner.

Clear liquids include:

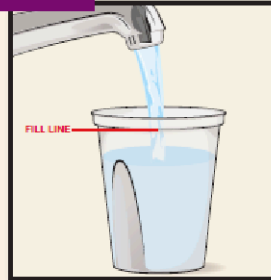
- Clear fruit juice (no pulp) – Apple, white grape, etc.
- Chicken broth
- Coffee without milk or creamer
- Clear sodas (ex. 7up, Sprite, Ginger Ale)
- Gelatin Desserts (lime or lemon flavors only)
- Gatorade/Powerade (yellow flavors only)

2. Between 5:00 -7:00 PM, drink the first dose as shown below:

You must complete Steps 1 through 4 using one (1) 6-ounce bottle before going to bed:

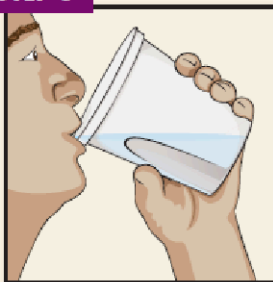
STEP 1

Pour **ONE (1)** 6-ounce bottle of SUPREP liquid into the mixing container.

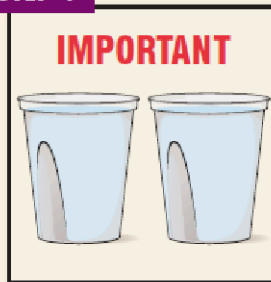
STEP 2

Add cool drinking water to the 16-ounce line on the container and mix.

NOTE: Dilute the solution concentrate as directed prior to use.

STEP 3

Drink **ALL** the liquid in the container.

STEP 4

You **must** drink two (2) more 16-ounce containers of water over the next 1 hour.

Day of the procedure:

1. Do **NOT** eat or drink any food.
2. Starting four (4) hours prior to your procedure time, repeat Steps 1 through 4 using the other 6-ounce bottle.

*****Example:** If your procedure is at 10AM, start drinking the second dose at 6AM. It is very important to finish drinking the solution. If not, the colon might not be clean enough and the procedure will have to be repeated at a later date.

*****You must finish drinking the final glass of water at least 2 hours prior to your procedure time.**

*****Diabetics should skip their oral diabetes medications, and if using insulin, take only half the dose.**