COLONOSCOPY PREPARATION INSTRUCTIONS

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

Obtain the following:

1. Suprep® or generic bowel prep kit

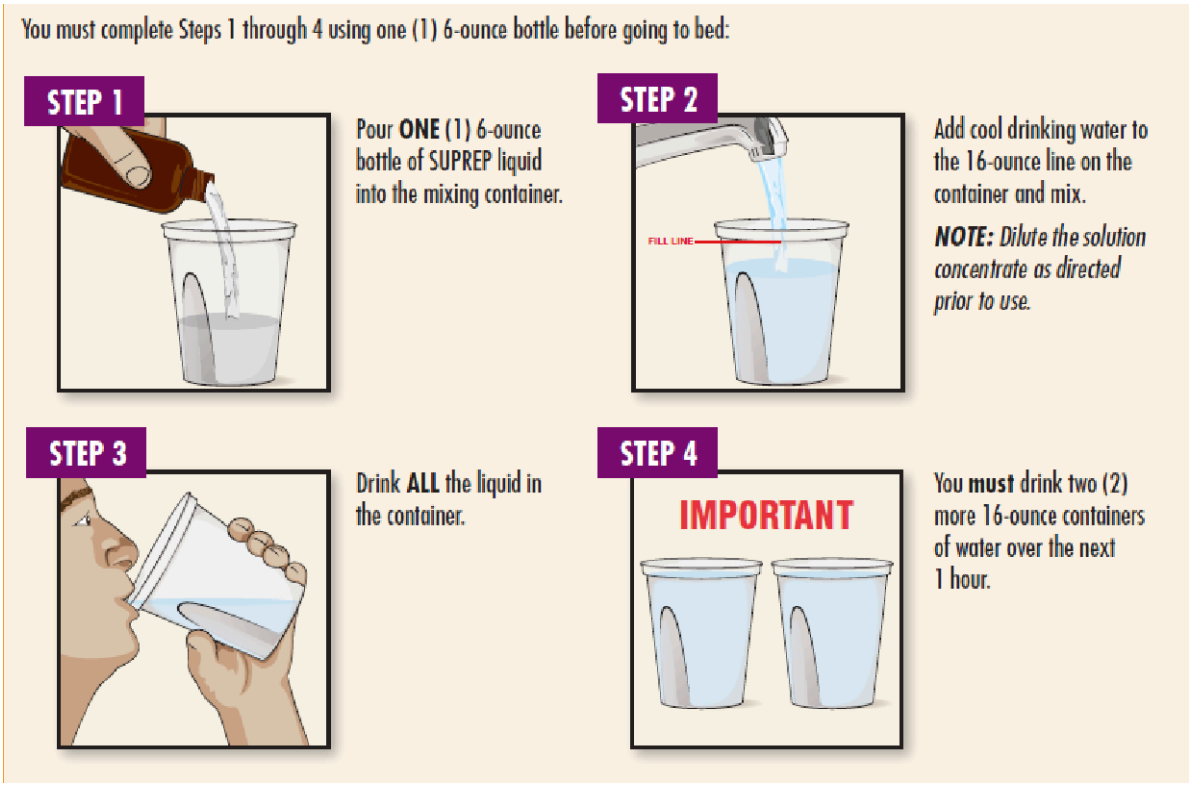
Day PRIOR to the procedure:

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:



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.