

Instructions for Colonoscopy Preparation with SUPREP®

FOLLOW THE PREP INSTRUCTIONS BELOW AND NOT THE ONES THAT ARE ON THE BOX:

What You will Need to Successfully Complete this Prep:

- SUPREP® Prescription - Sent to your pharmacy
- Clear Liquids - Suggestions/Examples in Colonoscopy Brochure
- Simethicone 180mg Soft-Gel Tablets - Over The Counter
 - Examples:
 - Gas-X
 - Phazyme
 - Mylicon

DAY BEFORE YOUR PROCEDURE:

- Soft light diet until 10:00am
 - *Ex: Eggs, plain oatmeal, pudding, soup, apple sauce*
- **After** 10:00am, clear liquids only. **Do not** have anything red or purple, no dairy, no solids

THE EVENING BEFORE YOUR PROCEDURE:

1. At 4:00pm, Take 2 Simethicone Soft-Gel Tablets and then begin your prep.
2. Pour 1 six ounce bottle of SUPREP® liquid into the mixing container and add cool drinking water to the 16 oz line on the container and mix thoroughly. *Be sure the prep is diluted before drinking.*
3. Drink all the liquid in the container.
4. Over the next hour, drink at least 32 ounces of clear liquids (*2 refills of water in container*)

THE DAY OF YOUR PROCEDURE:

1. Continue a clear liquid diet.
2. 6 hours prior to your arrival time, take 2 Simethicone Soft-Gel Tablets and take the second portion of your prep.
3. Continue Clear Liquids
4. **4 Hours prior to your arrival time, you can not have anything by mouth.**

Additional Instructions:

If you have any questions please call our office 860-347-4620