

Suprep Instructions for Colonoscopy

Read the preparation instructions carefully and follow them exactly to avoid having your colonoscopy rescheduled due to your colon not being clean. If your colon is not clean, the doctor may not be able to view the colon appropriately, which may result in having your appointment rescheduled to a different day.

Please make sure to finish all of the prep solution as advised.

5-7 Days Before Colonoscopy

- Pick up the Suprep solution that was sent to your preferred pharmacy when your colonoscopy was scheduled.
- Pick up everything needed for your clear liquid diet the day before the procedure.
- **Read all additional pages provided** as well as instructions on the box you receive from the pharmacy, including:
 - Clear liquid diet specifications
 - Medications to **stop** prior to your procedure
- Make arrangements to have someone drive you to the procedure, stay with you and take you home after the procedure. A colonoscopy involves sedation and for your safety, you will not be allowed to leave the facility by yourself. You cannot drive for **12 hours** after your procedure. Medical transportation is acceptable.
- Call our office if you have any questions.

Day Before Colonoscopy

5 a.m.–7 p.m. Start a clear liquid diet when you wake up (**no red or purple colored liquids**). No solid food at all. There will also be a picture diagram on the Suprep box to refer to.

7 p.m.–9 p.m. Pour one six-ounce bottle of the Suprep solution liquid into the mixing container. Add cool drinking water to the 16-ounce fill line on the container and mix. Drink all the liquid in the container along with **four to six** glasses of extra water over the next two hours.

- Please stay **well-hydrated**. Drink plenty of water while taking your prep.

9 p.m. – Midnight You may have a **clear liquid** diet until midnight (after you finish the first bottle of Suprep).

Day of Colonoscopy

After midnight, take nothing by mouth. This includes tobacco, candy, gum, mints, etc.
Only consume the second bottle of prep and water after midnight at designated time below.

Morning of colonoscopy Pour (1) six-ounce bottle of Suprep solution liquid into the mixing container. Add cool drinking water to the 16-ounce fill line on the container and mix. Drink all the liquid in the container along with **four to six** glasses of extra water over the next two hours.

All prep and extra water must be fully consumed at least three hours before your colonoscopy.
(For example: If your colonoscopy is scheduled for 8 a.m., you must finish bowel prep by 5 a.m.)
You may take your morning **prescription** medications with a small sip of water four hours before scope time.

If you have any questions, please call us at 903-747-4737.

Location: Digestive Disease Center - 700 Olympic Plaza Tyler, TX 75701--- **2nd floor by the elevators**