



COLONOSCOPY PREPARATION INSTRUCTIONS SUPREP BOWEL PREP KIT

In order for the doctor to carefully examine your bowel, you must cleanse your bowel of stool prior to the colonoscopy. Please fill your prescription for **SUPREP** several days prior to your procedure.

5 Days Prior to Your Procedure

Begin eating a LOW FIBER diet. Please AVOID high fiber foods-vegetables and fruits with skins or seeds, nuts, corn, popcorn, and whole grains. You may eat dairy products, pasta, white bread, eggs, meats (chicken and fish without skin are best), bananas, applesauce, potatoes without skins, and smooth tomato sauce. Dessert foods –cake, pudding, or cookies without nuts. Please follow this diet as closely as you can.

3 Days Before Your Procedure:

**** If you have a history of chronic constipation, please take 2 doses (a dose is 17 grams diluted in 8 ounces of non-carbonated liquid) of Miralax (or its generic) three days prior to the procedure and then prep as instructed.**

1 Day Before Your Procedure

NO FOOD! You may have **CLEAR LIQUIDS ONLY**. Clear liquids consist of water, broth, tea, coffee, apple or white grape juice, Gatorade, Jell-O, and popsicles. Please avoid any clear liquids that are red or purple in color. You may not have dairy products or juices with pulp.

- **Take the first dose of the Split Prep at 5 PM the evening before your colonoscopy.**
- Pour one 6 ounce bottle of Suprep liquid into the mixing container.
- Add cool drinking water to the 16 ounce line on the container and mix.
- Drink ALL of the liquid in the container.
- You must drink TWO more 16 ounce containers of water within the next hour.

Drinking through a straw or sucking on hard peppermint candies may be helpful in drinking the prep.

When you have completed the first dose of **SUPREP** and additional water, you may resume a clear liquid diet.

The Day of Your Colonoscopy

- Take the second dose of Suprep **FOUR HOURS** before your scheduled arrival time following the same directions as for the first dose stated above.
- Once you have finished drinking all of the **SUPREP** and the additional water required, then nothing by mouth until after your procedure.

If you are having difficulty drinking the prep or are vomiting after following the Helpful Hints below, please call the gastroenterologist on call at 781-444-6460. If it is the morning of your procedure and you are still passing formed or liquid brown stool after completing the prep, please call the Endoscopy Unit at 781-453-3886 after 7 am and ask to speak to a nurse. Your final returns, after completing the prep, should look like urine or water.

Helpful Hints

- You will have diarrhea, which can be quite sudden. This is normal. Be sure the bathroom is convenient.
- Rarely, people may experience nausea or vomiting with the prep. If this occurs, give yourself a 30-90 minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution.
- It is common to experience abdominal discomfort (this may take 2 to 4 hours, and occasionally significantly longer)
- Rectal skin irritation may occur and can be treated with a variety of over the counter remedies including hydrocortisone creams, baby wipes, or Tucks pads. Avoid products containing alcohol. If you have a prescription for a hemorrhoid cream, you may use it. Do not use suppositories.

** It is not uncommon to feel cold or chilled while drinking the prep.