



Dr. Smith's SuPrep Colonoscopy Instructions

Please follow **ONLY** these instructions and disregard any instructions on/in the SuPrep box

Bowel Preparation (cleaning) is necessary to perform an effective colonoscopy. Any stool remaining in the colon can hide lesions and result in the need for a repeat colonoscopy. It is **CRITICAL** that you follow the instructions as directed.

Day Before Colonoscopy:

Clear liquids **ALL** day. **NO SOLID FOOD.** No alcoholic beverages.

Clear liquid examples: Gatorade, Powerade, Kool-Aid, clear fruit juice (white grape, apple, white cranberry), water, tea, coffee (no cream or sugar), clear broth or bouillon, popsicles, any kind of soda pop, Jell-o. Avoid red, purple, or blue colored liquids, popsicles and Jell-o.

6:00pm-7:00pm

- Step 1: Pour ONE 6oz bottle of SUPREP liquid into the mixing container.
- Step 2: Add cool drinking water to the 16oz line on the container and mix
- Step 3: Drink ALL the liquid contained
- Step 4: Drink TWO more 16oz containers of water over the next 1 hour.
- Step 5: Continue to drink at least 8oz of clear liquids every hour until 8pm.

4:00am (day of procedure) make sure to finish no more than 2 hours prior to procedure.

- Step 1: Pour ONE 6oz bottle of SUPREP liquid into mixing container.
- Step 2: Add cool drinking water to the 16oz line on the container and mix.
- Step 3: Drink ALL the liquid in the container
- Step 4: Drink TWO more 16oz containers of water over the next 1 hour
- Step 5: **NOTHING** to eat or drink until after procedure.

If you take heart or blood pressure medications, you may take them the morning of your procedure.