

**To ensure a successful exam, please follow all instructions carefully.**

You **MUST** arrange a ride for the day of your exam. If you fail to arrange acceptable transportation, your procedure will need to be rescheduled. If you have diabetes, ask your physician for diet and medication instructions. If you are or may be pregnant, please discuss the risks and benefits of this procedure with your doctor. Please bring a list of all of your current medications, including any over-the-counter medications with you. **If you must cancel or reschedule your appointment, please call your doctor's office as soon as possible.**

**2 DAYS BEFORE YOUR COLONOSCOPY:**

**Patients with Chronic Constipation** will need to take 4 tablespoons of Milk of Magnesia at bedtime 2 nights prior to your exam. Drink at least 8 glasses of water during the day and stop eating solid foods after midnight.

**1 DAY BEFORE YOUR COLONOSCOPY:**

Begin a clear liquid diet. Ensure or Boost may be consumed prior to starting SUPREP. **Between 4:00 and 7:00 pm**, pour (1) 6oz. bottle of **SUPREP** liquid into the mixing container. Add cool drinking water to the 16 oz. line on the container and mix. Drink all the liquid in the container. You must drink two (2) more 16 oz. containers of water over the next (1) one hour.

**Clear Liquid:**

- Gatorade, Pedialyte or Powerade
- Clear broth or bouillon
- Coffee or tea (no milk or non-dairy creamer)
- Carbonated and non-carbonated soft drinks
- Kool-Aid or other fruit-flavored drinks
- Strained fruit juices (no pulp)
- Jell-O, popsicles, hard candy

**Not Clear Liquid:**

- No red or purple items of any kind
- No alcohol
- No milk or non dairy creamers
- No noodles or vegetables in soup
- No juice with pulp
- No liquid you cannot see through

**DAY OF YOUR COLONOSCOPY:**

Three hours before **leaving** your home, repeat these steps. Pour one (1) 6 oz. bottle of **SUPREP LIQUID INTO THE MIXING CONTAINER**. Add cool drinking water to the 16 oz. line on the container and mix. Drink all the liquid in the container within. You must drink two (2) more 16 oz. containers of water over the next one hour. If you normally take your heart of blood pressure medicine in the am, you may take them with a small amount of water prior to leaving before your procedure. Do **NOT** take diuretics (water pills) unless in combination with blood pressure pills.

**DO NOT DRINK anything (including water) after completing your prep!**  
**Doing so may result in your procedure being delayed or cancelled!**

**You are ready for the exam if you followed all instructions and your stool is no longer formed, but clear or yellow liquid.**

**COLON CLEANSING TIPS**

1. Stay near a toilet! You will have diarrhea, which can be quite sudden. This is Normal.
2. Continue to drink the prep solution as directed. Occasionally, this may involve drinking the solution while sitting on the toilet.
3. 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.
4. It is common to experience abdominal discomfort until the stool has flushed from your colon (this may take 2-4 hours, and occasionally significantly longer.)

**(Turn Page over for further Instructions)**