

Suprep Bowel Preparation Instructions

Bowel preparation for a colonoscopy actually starts up to 1 week before, when you should stop taking certain medications or supplements and begin a low fiber diet. Please carefully read all your Provider's instructions at least 1 week before your exam.

Please review the links below at least 1 week prior to your procedure.

[Bowel Preparation Overview for Colonoscopy](#)

[Low Fiber Food Chart](#)

[Clear Liquid Chart](#)

[Diabetes Medications](#)

Key instructions

- Your bowel must be empty so that your doctor can clearly view your colon. Follow all the instructions in the handout.
- DO NOT eat solid food the entire day before your colonoscopy. Drink only clear liquids.
- DO NOT have any liquids or anything by mouth starting three (3) hours before your procedure time.

Please purchase your bowel preparation kit 1 WEEK BEFORE your colonoscopy. Suprep is a prescription laxative and must be picked up from your Pharmacy.

Dose 1 – On the Day Prior to Colonoscopy at 6 pm

- You may consume only clear liquids (no solid food).
- Pour the contents of one bottle of SUPREP Bowel Prep Kit into the mixing container provided.
- Add cool drinking water to the 16-ounce fill line on the container, mix, and drink the entire amount.
- Drink two additional containers filled with water to the 16-ounce fill line over the next hour.
- If severe bloating, abdominal distention, or abdominal pain occurs following the first dose, delay the second dose until the symptoms resolve.

Dose 2 - Day of Colonoscopy 5 hours prior to your scheduled procedure time:

- Continue to consume only clear liquids.
- Pour the contents of the second bottle of SUPREP Bowel Prep Kit into the mixing container provided.
- Add cool drinking water to the 16-ounce fill line on the container, mix, and drink the entire amount.
- Drink two additional containers filled with water to the 16-ounce fill line over the next hour.

- Complete all solution of SUPREP Bowel Prep Kit and required water at least three hours prior to colonoscopy.
- If severe bloating, abdominal distention, or abdominal pain occurs following the first dose, delay the second dose until the symptoms resolve.

IMPORTANT INFORMATION BELOW

- Please remember to arrive at Carson Endoscopy Center one (1) hour before your scheduled procedure time.
- Please remember to have a responsible driver with you.
- Please remember NOT to drink any liquids or have ANYTHING by mouth starting three (3) hours before your scheduled procedure time.