



# SUPREP Split Dose Bowel Prep Instructions

(PM scheduled appointment)

**IMPORTANT** - Please read your instructions carefully for the best outcome.

## KEY INSTRUCTIONS:

- **Pick up your prescription** at the Pharmacy of your choice.
- **Follow instructions *exactly* as written.** If your colon is not clean, your procedure may be incomplete, requiring you to repeat the colonoscopy.
- **Drink a large amount of fluid** the day before your procedure to hydrate yourself. Consult with your physician if you have been told to limit the amount of fluid you should drink.
- **Follow the instructions** on the label for mixing.
- **Please look** at your bowel movements. Acceptable color should be clear yellow.
- **Avoid** sitting for long times, activity will help your body clean your colon.

The [day before your procedure](#) you may have clear liquids listed in these instructions, **do not** eat solid, soft or creamy foods.

At **4 p.m.**, pour the contents of one bottle of SUPREP Bowel Prep into the mixing container provided. Fill the container with water to the 16-ounce fill line, and drink the entire amount. Drink two additional containers filled to the 16-ounce line with water over the next hour.

**It is important that you continue to drink fluid in between the first half and second half of your prep to prevent dehydration.**

At **4 a.m.** the **day of your procedure**, pour the contents of the second bottle of SUPREP Bowel Prep into the mixing container provided. Fill the container with water to the 16-ounce fill line, and drink the entire amount. Drink two additional containers filled to the 16-ounce line with water over the next hour.

You will need to stop drinking all liquids **6 hours** prior to your procedure time.

## Clear Liquid Diet (Please remember no red or purple)

- Strained juices: apple, white grape, white cranberry
- Tea without milk or cream
- Fruit flavored drinks
- Carbonated soft drinks – avoid dark soft drinks

- Plain Jell-O
- Ice popsicles
- Clear broth or brewed bouillon

### **Helpful hints to prepping:**

If you have anal irritation, gently pat the area with the toilet paper or flushable wet wipe.

We recommend getting one of the below over-the-counter products for anal discomfort:

- Creams or ointments (Aquaphor, diaper rash cream/ointment—please avoid Vaseline)
- Tucks or Fleets relief pads (chilling them works well)

To make the prep easier to drink:

- Use a straw to drink your prep
- Rinse your mouth with water or other liquid; or suck hard candy between cups.
- Chill your solution before beginning your prep for better taste.

### **If you have questions or need to reach us call:**

- Cooperstown GI Lab: 607-547-3388
- OSS Ambulatory Surgery: 607-433-6437
- Herkimer Health Center ASU: 315-867-2839/2850
- O'Connor Ambulatory Surgery: 607-746-0404
- Cobleskill Regional: 518-254-3373
- Little Falls Ambulatory Surgery: 315-823-5351
- A.O. Fox Ambulatory Surgery: 607-431-5605