

## **Gastroenterology Associates, P.A.**

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### **SUPREP BOWEL PREP INSTRUCTIONS**

Begin your prep the day before your procedure.

The day before your colonoscopy, DO NOT consume any solid food. Breakfast, lunch and dinner should consists of clear fluids only. Clear liquids should be taken all day, i.e., clear broth, jello (no red jello) ice tea, apple juice, white grape juice, sprite, water, ice pops, sorbets, sports drinks such as Gatorade, etc, coffee or tea without milk or creamers. Avoid foods with red, pink, or purple dyes or coloring.

Take in plenty of fluids unless otherwise directed. Good hydration is important!

The Suprep consists of two small bottles of a sulfate based concentrated laxative and a 16 ounce plastic mixing cup.

At 4 PM, pour the first bottle into the cup and fill with water to the 16 ounce line. Drink this down at a comfortable rate. Then over the next hour, drink two (2) more of the 16 oz cups of water.

Repeat the above again at 9PM with the second Suprep dose.

Note The instructions which come with the Suprep give different timing of the doses than as described here. Unless otherwise instructed, follow our instructions re: dose timing, not theirs.

You should be on an empty stomach after midnight.

If you normally take blood pressure or cardiac medications, they should be take on the morning of the exam with a SIP of water only. . Aspirin or blood thinners are often stopped 5 days before the exam, but this recommendation should be individualized. Be sure to discuss your medications with the doctor

Please do not hesitate to call our office if you have any questions.