

SUPREP Colonoscopy Prep

Procedure AFTER Noon

- **Purchase from the Pharmacy**
 - One (1) box of Simethicone (Gas-X) Extra-Strength 125mg oral soft gel capsules (over the counter)
 - SUPREP Solution (*prescribed - pick up from pharmacist*)

Bowel Preparation Instructions:

The **day before** your colonoscopy, diet is to consist of CLEAR LIQUIDS ONLY (no solid food).

- Do not consume liquids that are red or purple in color. Do not consume milk products or juices with pulp. Clear liquids include: water, black coffee, tea, apple juice, white grape or cranberry juice, lemonade, sports drinks (Gatorade, PowerAde, etc.), clear beef, chicken or vegetable broth, Jell-O, popsicles, frozen sorbet, or Italian ice. Alcoholic beverages are not permitted.

SUPREP Bowel Prep solution can be refrigerated.

1. **At 7:00 PM**, pour one (1) 6-ounce bottle of SUPREP liquid into the mixing container. Add cold drinking water or any clear liquid to the 16-ounce line on the container and mix. Drink all the liquid in the container. *You MUST drink TWO (2) more 16-ounce containers of water or other clear liquid following the PREP solution.* You can continue to drink clear liquids during the evening.
2. **At 5:00 AM**, pour the last 6-ounce bottle of SUPREP liquid into the mixing container. Add cold drinking water or any other clear liquid to the 16-ounce line on the container and mix. Drink all the liquid in the container. *You MUST drink TWO (2) more 16-ounce containers of water or other clear liquid following the solution.* At the same time, **take two (2) extra strength Simethicone (Gas-X)** oral soft gel capsules (250mg total).

You MUST finish this process by 8:00AM.

⇒ You may continue to consume clear liquids until 4 hours before your procedure time. In all circumstances, consume nothing further by mouth within four (4) hours of your procedure time except for a sip of water for necessary medications. By way of example, if your procedure time is 2:00 PM, you may continue to consume clear liquids until 10:00 AM.

Contact the on-call Gastroenterologist **(941) 262-0400** if any problems arise during the bowel preparation process.

Prep Guide

	Dark and murky
	Brown and murky
	Dark orange and semi-clear
	Light orange and mostly clear
	Yellow and clear