



SUPREP Bowel Prep Instructions

This is a prescription bowel prep. You will need to take your prescription to your pharmacy several days in advance of your procedure. Some insurance companies may not cover this type of bowel prep. That is why it is important to take your prescription to the pharmacy 2-3 days in advance so if any changes need to be made they can be in a timely manner. **AS WITH ANY PRESCRIPTION MEDICATION IT IS IMPORTANT TO TAKE AS THE DOCTOR ORDERED – WHICH MEANS TAKE THE ENTIRE PREP AS ORDERED. EVEN IF YOU THINK YOUR COLON IS CLEAN YOU MUST COMPLETE THE PREP.**

With any bowel prep it is very important that *you stay hydrated before you start the prep, during the prep and the day after your prep.* You should drink lots of water or Gatorade. It is okay to drink caffeinated teas or soda but be aware that they dehydrate you. You will experience fewer symptoms if you stay hydrated.

-On the morning of _____ you will begin a clear liquid diet. This means **NO SOLID FOODS ALL DAY AND NONE THE MORNING OF PROCEDURE.** (See below for examples of clear liquid diet.) Drink lots of clear liquids during the day.

-At 6pm on _____ you will dilute one 6oz bottle of Suprep with 10 oz of water and drink the entire amount. Over the next 2 hours you will need to drink an additional 32-oz of water. It is very important that you drink water only during this time. Do not cheat with coffee, tea, or soda. **IT IS IMPORTANT TO DRINK ALL PREP & WATER.** After you are done with drinking the prep & water you may continue until midnight with drinking other clear liquids of your choice.

EVEN IF YOU THINK YOU ARE CLEAR, YOU ARE TO PROCEED WITH THE MORNING PREP, AS YOUR BODY WILL MAKE BILE THROUGH THE NIGHT.

-On the morning of the colonoscopy _____ at _____ a.m. you will need to dilute the second 6oz bottle of Suprep with 10 oz of water and drink the entire amount. Again you will drink an additional 32-oz of water over the next 2 hours. It is very important that you drink water only during this time. Don't cheat with coffee, tea, or soda. **DO NOT HAVE ANYTHING ELSE BY MOUTH AFTER YOU COMPLETE YOUR BOWEL PREP & WATER. BE DONE BY _____ a.m. WITH ALL PREP & WATER!!!**

-If your stools are not clear after this bowel prep you may try any over the counter enema. If you have any questions concerning the prep please call the office at 501-778-3361.

CLEAR LIQUID DIET:

Beverages: Sodas (Orange, Ginger Ale, Sprite, Coke, etc), Gatorade, Kool-Aid, Water, Black coffee, Tea, Strained fruit juice no pulp. No milk or creamer

Soups: Chicken or beef bullion/broth

Desserts: Hard candy, Popsicle, Italian ice, Plain Jell-O. You may add sugar or salt as desired. No sherbets, fruit bars, fruit or toppings.

Do not consume any red or purple products.

We understand that this is not a pleasant experience but it is very important to have your colon cleaned out in order for Dr. Dixon to evaluate it. If it is not cleaned out you run the risk of repeat bowel prep for another colonoscopy and/or barium enema. If you have any questions please call the office at 501-778-3361.