

Ocean Surgical Pavilion

Colonoscopy Prep Instructions - 2 Day SuPrep AM

You will need to purchase:

- 1 – 10 ounce bottle Magnesium Citrate
- 4 - 5 mg tablets Dulcolax (Bisacodyl)
- You will need a prescription for Suprep

It is very important that you follow each step and complete all of these instructions or your colonoscopy may need to be repeated. The bowel preparation will not work properly unless you **drink plenty of liquids.**

To assist with the effectiveness of your prep, decrease your intake of seeds (popcorn included), nuts, skins, raw fruits and vegetables 4 days prior to your procedure.

2 Days Before Exam: _____

Drink clear liquids only - NO SOLID FOODS, MILK OR DAIRY PRODUCTS

Clear liquids include: **(NOTHING RED, PURPLE OR BLUE)**

Water, Gatorade, Fruit juices without pulp (apple, white grape, lemonade), Coffee or tea without milk or non-dairy creamers (sugar substitutes are fine), Clear broth or bouillon (low sodium), Carbonated or non-carbonated soft drinks, Kool-Aid or flavored drinks, Popsicles or Italian Ice, Jell-o without fruit or toppings

Drink clear liquids hourly from the above list for breakfast, lunch and dinner.

At 6PM – Take 4 Dulcolax tablets

Begin your first dosing regimen at: _____ 19 HOURS PRIOR TO ARRIVAL TIME

Pour one (1) 6-ounce bottle of SUPREP liquid into the mixing container provided. Add cool drinking water to the 16-ounce line on the container and mix. Drink all the liquid in the container. **Drink at least 32 ounces of liquid after finishing the prep.** * Stay close to toilet facilities as the laxative will encourage multiple bowel movements.

Begin your second dosing regimen at: _____ 7 HOURS PRIOR TO ARRIVAL TIME

Pour the other 6-ounce bottle of SUPREP liquid into the mixing container provided. Add cool drinking water to the 16-ounce line on the container and mix. Drink all the liquid in the container. **Drink at least 24 ounces of liquid after finishing the prep.**

If you are not passing clear liquid bowel movements by 1 hour after your final dose you must drink the 10 ounce bottle of Magnesium Citrate

Except for your second dosage of prep, stop drinking clear liquids 6 hours prior to your procedure time.

If you do not have an adequate bowel movement or are constipated, you may use a laxative such as Senekot, Milk of Magnesium, Magnesium Citrate, or Dulcolax tablets for 4 days prior to your procedure to ensure a good preparation.