

# Ocean Surgical Pavilion

## Colonoscopy Prep Instructions – SUPREP PM Procedures

**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, nuts, skins, raw fruits and vegetables 4 days prior to your procedure. You may also use a laxative daily such as, Senekot, Milk of Magnesium, Magnesium Citrate, or Dulcolax tablets for 2 days prior to your procedure.

**You will need to purchase: 1 – 10 ounce bottle of Magnesium Citrate, NOT RED.**

**Day Before Exam:** \_\_\_\_\_ You may have a light breakfast (egg whites, cereal or toast).

**You may not have any solid foods, milk or dairy products today**  
**You may chew gum or suck on hard candies the day before **ONLY!****

### **Clear Liquids Only!**

Clear liquids include: (NOTHING RED, PURPLE, OR BLUE)  
Water, Gatorade, Fruit juices without pulp (apple, white grape, lemonade, white cranberry), 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

**At 9am drink 8 ounces of clear liquid every hour (see clear liquid list above).**

**Begin your first dosing regimen at: \_\_\_\_\_ 19 hours prior to your 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 your 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 watery stool within 1 hour after you have finished your second dosage, (stool is still muddy or thick in consistency), you must drink the 10 oz. bottle of Magnesium Citrate.

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

**How to know if the prep is adequate:** The stool should be watery in consistency. It does not have to be clear in color like water since digestive juices will continue to tint the stool yellow. Small flecks or debris are not a problem as long as the stool is not muddy or thick.