

## Suprep Instructions for Colonoscopy

**Date of procedure:**  **Arrive at:**  *Please select*

### Location of Department:

Ochsner Medical Center Please select

Please select

Please select

### As soon as possible:

- Pick up your prep from pharmacy and over the counter  
**DULCOLAX LAXATIVE TABLETS**

### On the day before your procedure...

#### What You CAN do:

- You may have **clear liquids ONLY** -see below for list.

#### Liquids That Are OK to Drink:

- Water
- Sports drinks (Gatorade, Power-Aid)
- Coffee or tea (no cream or nondairy creamer)
- Clear juices without pulp (apple, white grape)
- Gelatin desserts (no fruit or toppings)
- Clear soda (sprite, coke, ginger ale)
- Chicken broth (**until 12 midnight the night before procedure**)

#### What You CANNOT do:

- **Do not EAT solid food**, drink milk or anything colored red.
- Do not drink alcohol.
- Do not take oral medications within 1 hour of starting each dose of SUPREP.
- No gum chewing or candy **morning of procedure**.

#### Note:

- (Please disregard the insert instructions from pharmacy).
- SUPREP Bowel Prep Kit is indicated for cleansing of the colon as a preparation for colonoscopy in adults.
- Be sure to tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. SUPREP Bowel Prep Kit may affect how other medicines work.
- Medication taken by mouth may not be absorbed properly when taken within 1 hour before the start of each dose of SUPREP Bowel Prep Kit.

**It is not uncommon to experience some abdominal cramping, nausea and/or vomiting when taking the prep. If you have nausea and/or vomiting while taking the prep, stop drinking for 20 to 30 minutes then continue.**

### How to take prep:

SUPREP Bowel Prep Kit is a (2-day) prep.

Both 6-ounce bottles are required for a complete preparation for colonoscopy. Dilute the solution concentrate as directed prior to use. You **must** drink water with each dose of SUPREP, and additional water after each dose.

### DOSE 1—Day Before Colonoscopy

Drink at least 6 to 8 glasses of clear liquids from time you wake up until you begin your prep and then **continue until bedtime** to avoid dehydration.

**12:00 pm (NOON)** Take four (4) Dulcolax (Bisacodyl) tablets with at least 8 ounces or more of clear liquids.

**6:00 pm:**

You must complete Steps 1 through 4 using one (1) 6-ounce bottle before going to bed as shown below:

- **Step 1**-Pour **ONE** (1) 6-ounce bottle of SUPREP liquid into the mixing container.
- **Step 2**-Add cool drinking water to the 16-ounce line on the container and mix.
- **Step 3**-Drink **ALL** the liquid in the container.
- **Step 4**-You **must** drink two (2) more 16-ounce containers of water over the next 1 hour.

**IMPORTANT:** If you experience preparation-related symptoms (for example, nausea, bloating, or cramping), stop, or slow the rate of drinking the additional water until your symptoms decrease.

### DOSE 2—Day of the Colonoscopy at Please select

For this dose, repeat Steps 1 through 4 shown above using the other 6-ounce bottle.

You may continue drinking water/clear liquids until **4 hours before your colonoscopy** or as directed by the scheduling nurse .

For more information about your procedure, please watch this informational video.

#### Options for viewing:

- **Using a keyboard:** press and hold the control tab (Ctrl) and left mouse click to follow link  
[Colonoscopy Video – YouTube](#)

**OR**

- Type link address into your web browser's address bar:  
<https://www.youtube.com/watch?v=XZdo-LP1xDQ>
- Using a mobile phone: tap on web address/link.

Comments: