Suprep Instructions for Colonoscopy

Date of procedure: [add date] Arrive at: [add time]

Location of Department:
Ochsner Medical Center

As soon as possible:
- Pick up your prep from pharmacy and over the counter DULCOLAX LAXATIVE TABLETS

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

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

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
- 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.

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