

DIGESTIVE DISEASE CONSULTANTS

PATIENT INSTRUCTIONS FOR COLONOSCOPY

You are using the **SUPREP Split-Dose (PM/AM) Bowel Prep Kit**

DAY BEFORE THE PROCEDURE:

1. Drink **ONLY** clear liquids the entire day (breakfast, lunch and dinner). It is important that you drink as much fluid as you can throughout the day.
NO solid foods, milk or milk products or RED liquids.
2. Daily medications can be continued unless otherwise specified.
3. At **6 PM** dilute one of the 6-ounce bottles of the SUPREP with water as directed on the bowel kit. Drink all of the fluid in the container.
4. You **MUST** drink 2 more 16-ounce containers of water over the next hour.

DAY OF THE PROCEDURE:

5. **5 hours** prior to your procedure repeat steps 3 and 4 with the second 6-ounce bottle of the SUPREP. **NOTHING TO EAT OR DRINK 2 HOURS PRIOR TO YOUR PROCEDURE.**

CLEAR LIQUIDS INCLUDE:

- Water, Coffee (Black) and Tea
- Clear fruit Juices (Apple, White Grape, Lemonade and White Cranberry) Avoid juices with pulp such as orange or grapefruit juice.
- Sodas such as Sprite, 7-Up, or Gingerale (Diet and Regular), Gatorade, Powerade, Popsicles, Jell-O (**No Red, No Purple**)
- Broth and Boullion

DAY OF PROCEDURE:

1. You may brush your teeth.
2. **You need a driver and your driver must stay at the facility. Public transportation and taxis are NOT allowed.**
3. Take **blood pressure meds, anti-anxiety meds, anti-psychotic meds, pain meds, heart meds, anti-seizure meds and convulsant meds** with a sip of water unless otherwise specified.
4. Please bring with you:
 - Photo ID and Insurance card(s)
 - Completed Medication List – Medications **MUST** be written out. NO pre-printed, copied or lists from previous visits will be accepted.
 - Patient's Bill of Rights Form
 - Reading glasses, if applicable

No liquids 2 hours prior to your procedure, except for a sip of water with blood pressure, heart and anti-seizure medications or the procedure may be canceled.

Please contact the office at 407-830-8661 with any questions.