Ulster Gastroenterology, PLLC

Ulster Endoscopy Care,PLLC

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Suprep Bowel Prep Instructions

Patients Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Arrival Time\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The day before your colonoscopy

Start clear liquids in the am.You may eat the following up until12 pm; Eggs, pudding yogurt,cheese,ice cream,white bread, white pasta. After 12pm, nothing more to eat. Only clear liquids for the rest of the day. Start your prep no later than 3pm.Follow your particular prep instructions.

Clear liquids include-Water,broths,bullions,coffee,tea,strained juices such as apple,white grape,orange,lemonade,Jell-o,gatorade,ice pops,crystal light, any kind of tea. Avoid milk or non-dairy creamer and anything colored red or purple, or anything carbonated.

Drink as much fluids as you can to keep yourself hydrated, and stay as active as you can to expedite the prep process. Mixing liquids at room temperature is best.

-When you start the prep take one of the 6 ounce bottles of Suprep and pour into the mixing container.

 Add 16 ounces of water into the container mix well and drink the entire container.

-When you are done drinking the Suprep you **must** drink 32 ounces of water within an hour.

 This step helps the Suprep flush out your system.

-3 hours later take the other 6 ounce bottle of Suprep and pour into the mixing container.

 Add 16 ounces of water into the container mix well and drink the entire container.

-When you are done drinking the second Suprep you **must** drink another 32 ounces of water

 within an hour. This step helps the Suprep flush out your system.

-You can continue your clear liquid diet until midnight.

-NOTHING by mouth after midnight.

-If you take heart, or blood pressure medication in the morning, you may take it the morning of your colonoscopy with a small sip of water.

-You MUST have a ride home from your colonoscopy. Taxis are NOT allowed.