

SUPREP BOWEL PREP (Split Dose)

Warning: Do Not Use This Prep if you have a history of CHF or Renal Disease. If this is the case, also please notify your gastroenterologist.

Colonoscopy prep causes the body to lose significant amount of fluid and can result in sickness due to dehydration. It's important that you **prepare** your body by drinking extra clear liquids before starting the prep. Stay hydrated by drinking all required clear liquids during the prep. Continue to drink fluids immediately following your procedure.

The day before the procedure, No Food: _____

Clear Liquid Diet Only

See Clear Liquid Diet on back of this sheet.

If possible drink up to 8 ounces of clear liquids every hour before starting your prep. **This is necessary to ensure adequate hydration and an effective prep.**

The evening before the procedure:

At **6 Pm**, mix One (1) 6-ounce bottle of the SuPrep liquid with 10-ounces of water in the cup provided. *(Total of 16 ounces)*

Over the next hour:

Drink all of the SuPrep mixture and then Two (2) 16-ounce cups of water.

You can continue with clear liquids until you go to bed.

The morning of the procedure, No Food: _____
(4 hours prior to the procedure)

At _____ **Am**, mix One (1) 6-ounce bottle of the Suprep liquid with 10-ounces of water in the cup provided. *(Total of 16 ounces)*

Over the next hour:

Drink all of the Suprep mixture and then Two (2) 16-ounce cups of water.

Stop drinking fluids Three (3) hours prior to your procedure. * _____ *

**All preps may cause abdominal cramping, nausea and vomiting. If you experience any of these common symptoms, please follow these instructions.

1. At your office visit, you were given a prescription for phenergan, if nausea/vomiting occur take the phenergan as prescribed and wait 30 minutes before restarting your prep. You may choose to take the phenergan 30 minutes prior to beginning the prep.
2. Slow down drinking the prep. Nausea and cramping may be relieved simply by slowing down your prep.
3. If you vomit: Stop drinking, wait 30 minutes then restart the prep and drink it at a slower pace.