

Digestive Disease Associates

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Suprep Prep:

The day prior to your colonoscopy, you will need to maintain a clear liquid diet. This includes items such as water, tea, apple or white grape juice, clear sodas, clear broth, jello (not red or purple). Avoid milk products. Avoid any solid food.

Starting at 4 PM the day before your procedure, pour ONE (1) 6 ounce bottle of Suprep liquid into the mixing container. Add cool water to the 16 ounce line on the container and mix. Drink all the liquid in the container. You must drink TWO (2) more 16 ounce containers of water over the next hour. It is important you try to finish this part of the prep in two hours. Bowel movements should begin about a half hour to an hour after your first glass. Feelings of bloating and nausea are common after the first few glasses. They should subside when you start having bowel movements. If needed due to nausea, you may take a 30 minute break, then start again till the first half of the solution is taken.

The rest of the solution will be consumed six (6) hours prior to your scheduled procedure time.

Six (6) hours prior to your procedure, pour ONE (1) 6 ounce bottle of Suprep liquid into the mixing container. Add cool drinking water to the 16 ounce line on the container and mix. Drink all the liquid in the container. You must drink TWO (2) more 16 ounce containers of water over the next hour. It is important that you finish this part of the prep in two hours. Do not eat or drink anything else four hours prior to your procedure.

TIPS: Chill it. Try chilling the glass too. Drink the whole glass quickly, do not sip. Rinse your mouth with cool water between glasses. Drink the solution with a straw. Place some light reading material in the bathroom. Make sure you use soft toilet tissue or pre-moistened bathroom wipes to prevent soreness.

Please follow these instructions for the best results for your procedure. Failure to follow these instructions could result in cancelation of your procedure and rescheduling.