SUPREP PREP FOR COLONOSCOPY – DAY BEFORE PREP:

CLEAR FLUIDS ONLY THE ENTIRE DAY BEFORE YOUR COLONOSCOPY.

You can have Slice, Sprite, water, ginger ale, 7-Up, chicken broth, lemon and lime jello and ice pops – nothing RED in color. The more clear fluids you drink, the better the prep will be. No nuts, seeds or pulp 3 days prior.

The Suprep prep contains one dosing cup and two (2) liquid doses of Suprep. FOLLOW THE INSTRUCTIONS GIVEN BY YOUR DOCTOR for DAY BEFORE COLONOSCOPY PREP.

DAY BEFORE COLONOSCOPY –

4 PM – Fill the dosing cup with ONE BOTTLE of SUPREP liquid and add cool drinking water to the 16 ounce line on the container. Mix well and drink the solution. Drink at least two (2) 16 oz cups of clear liquid after this first dose.

8 PM – Repeat with remaining dose of SUPREP, following the instructions from 4 PM. Again drink at least two (2) 16 oz cups of clear liquid after this second dose. You may have clear liquids up until midnight of the night before your colonoscopy.

NOTHING BY MOUTH AFTER MIDNIGHT.

IF YOU TAKE BLOOD THINNERS, YOUR DOCTOR WILL ADVISE YOU IF THEY NEED TO BE STOPPED FOR YOUR PROCEDURE.

DIABETICS: please check with your doctor for help managing your blood sugar on your prep day.

DAY OF COLONOSCOPY – NOTHING BY MOUTH.

NO painkillers, sedatives or alcohol in any form.

DIABETICS – Do NOT take your medicine or insulin the day of procedure. Check your blood sugar and bring your diabetic meds to facility.

If you take OZEMPIC, WEGOVY or MOUNJARO – HOLD meds for ONE WEEK prior to procedure.

You CAN take your blood pressure, cardiac, seizure and thyroid medications by 7 a.m. the day of the procedure, with just enough water to swallow them.