





TIMELINE OF YOUR COLONOSCOPY PREPARATION

The Day Before Your Procedure	
<p>Between 5:00 pm to 6:00 pm</p>	<div style="display: flex;"> <div style="flex: 1;">  <p>STEP 1</p> </div> <div style="flex: 2;"> <p>Pour ONE (1) 6-ounce bottle of SUPREP liquid into the mixing container.</p> </div> </div> <hr/> <div style="display: flex;"> <div style="flex: 1;">  <p>STEP 2</p> </div> <div style="flex: 2;"> <p>Add cool drinking water to the 16-ounce line on the container and mix. NOTE: Be sure to dilute SUPREP as shown at left before you drink it.</p> </div> </div> <hr/> <div style="display: flex;"> <div style="flex: 1;">  <p>STEP 3</p> </div> <div style="flex: 2;"> <p>Drink ALL the liquid in the container.</p> </div> </div> <hr/> <div style="display: flex;"> <div style="flex: 1;">  <p>STEP 4 IMPORTANT</p> </div> <div style="flex: 2;"> <p>You must drink two (2) more 16-ounce containers of water over the next 1 hour.</p> </div> </div>
The Day of Your Procedure	
<p>6 hours Prior to Arrival</p>	<p>Repeat steps 1-4 as above with the second Suprep® bottle.</p>

PREPARATION TIPS

1. Since the bowel preparation will cause diarrhea, it is important to stay hydrated. Make a conscious effort to drink clear liquids throughout the day to prevent dehydration.
2. Try to drink the preparation with a straw as this may be easier to tolerate.
3. The bowel preparation will result in diarrhea so please plan appropriately.
4. If you start to feel nauseated, you can pause for 20-30 minutes and then begin drinking the solution more slowly. Some patients say that walking around helps relieve their nausea.
5. Be sure to finish the entire prep or else the colon may not clean adequately.
6. Your output/bowel movements should be clear (or yellow) after you've completed the bowel preparation. If you are still seeing stool/brown after completing the 2nd dose, please call our office.

DO NOT FOLLOW THE PREP INSTRUCTIONS ON THE PRODUCT'S BOX OR THAT THE PHARMACY PROVIDES. YOU MUST FOLLOW OUR PREP INSTRUCTIONS AS WRITTEN IN THIS DOCUMENT.