



## SUPREP COLONOSCOPY BOWEL PREP

### DAY BEFORE THE PROCEDURE

Eat an early, light breakfast. Before 8am. Nothing with seeds.

Start a clear liquid diet (anything you can see through). Jello, sport drinks, black coffee/tea, broth, etc.

Avoid red drinks and jello

Drink 1 Suprep bottle (as directed on the bottle).

If you have an ostomy, do one FLEET enema into your rectum before bed-time

Nothing to eat or drink after midnight

### DAY OF THE PROCEDURE

Nothing to eat or drink – not even water or sports drinks

If you have to take medications – take with sip of water

Drink the second Suprep bottle. You MUST finish this 3 hours prior to the scheduled procedure start time. (For example, if your procedure is scheduled to start at 9 AM, you must finish the bottle by 6 AM.). It is very important for you to finish the Suprep 3 hours prior to the scheduled procedure start time.

If you have an ostomy, do one FLEET enema before you drink your Suprep

If you have sleep apnea, bring your CPAP machine with you

If you have an ostomy, bring all of your ostomy supplies with you

If you normally take medications in the AM, bring those medications with you