

Middlesex/Monmouth Gastroenterology
 SUPREP BOWEL PREPARATION FOR COLONOSCOPY
YOUR BOWEL PREP IS VERY IMPORTANT! PLEASE READ INSTRUCTIONS CAREFULLY.

DAY PRIOR:

Breakfast/Before 10:00 am: You may have a protein shake, eggs, or white rice. **NO OTHER SOLID FOODS!**

AT 10:00 AM – STOP ALL SOLID FOODS and BEGIN clear liquid diet the rest of the day. (see clear liquid list at the bottom)

DRINK at least 64 ounces of clear liquids – the more the better – prior to beginning your prep.

1st part of prep

At about 5:00 pm pour one (1) bottle of the SUPREP into the mixing container and add cold water to the fill line, drink the entire amount. Try to complete SUPREP over one (1) hour. After completing SUPREP drink at least 40 ounces (five 8- oz cups) of clear liquids.

ARRIVAL TIME 7:00-9:15 COLUMN A	ARRIVAL TIME AFTER 9:30 COLUMN B
<p>A) Follow the DAY PRIOR instructions and then this column.</p> <p><u>2nd part of prep</u></p> <p>At about 10:30 pm pour one (1) bottle of the SUPREP into the mixing container, add cold water to the fill line and drink the entire amount. Try to complete over one (1) hour, then follow with at least 24 ounces (three 8-oz cups) of water. This should be completed no later than 12:00 midnight.</p>	<p>B) Follow the DAY PRIOR instructions and then this column.</p> <p><u>2nd part of prep</u></p> <p>At least 5 hours prior to your procedure pour one (1) bottle of the SUPREP into the mixing container, add cold water to the fill line and drink the entire amount. Try to complete over one (1) hour. After completing the SUPREP, drink at least 24 ounces (three 8-oz cups) of water.</p>

*****ALL FLUIDS MUST BE FINISHED AT LEAST 4 HOURS BEFORE YOUR ARRIVAL TIME*****

****NOTHING TO DRINK INCLUDING WATER WITHIN 4 HOURS OF YOUR ARRIVAL TIME, UNLESS YOU TAKE MEDICATION THAT SHOULD NOT BE STOPPED... PLEASE SEE MEDICATION SHEET****

Clear Liquid Examples



Not Clear Liquid Examples



NOTHING RED OR PURPLE, NO MILK/CREAMER, ALCOHOLIC BEVERAGES, GUM OR SMOKING.

