



SUPREP COLONOSCOPY PREPARATION (SPLIT DOSE PREP)

Purchase Suprep Kit (prescription) at your pharmacy. Follow these instructions the day prior to and the morning of your exam.

Step One: On the day of your appointment, someone must accompany you to the office or hospital.

Step Two: If you have a colostomy please bring an extra stoma bag. If you are diabetic, please check with your physician regarding insulin and oral diabetic medication regimen.

Step Three: If you require antibiotics before going to the dentist or for a heart murmur, valvular disease, or joint replacement, please inform us.

DAY BEFORE YOUR COLONOSCOPY **DATE:** _____

1. This morning, start drinking CLEAR LIQUIDS all day long. See list provided. You may have hard candy. **No solid food.**
2. At 5pm complete steps A through D below:
 - A. Pour ONE 6 ounce bottle of Suprep liquid into the 16 ounce mixing container in the kit.
 - B. Add cool drinking water to the 16 ounce line on the container with the mix. Stir.
 - C. Drink all the liquid in the container
 - D. You must drink TWO more 16 ounce containers of water over the next hour.
(Total of 48 ounces)
2. Nothing to eat or drink after midnight EXCEPT for the instructions below.

DAY OF YOUR COLONOSCOPY

DATE: _____ **TIME:** _____

Six (6) hours prior to your scheduled arrival time, repeat steps A through D below:

- A. Pour ONE(6) ounce bottle of Suprep liquid into the 16oz mixing container in the kit
- B. Add cool drinking water to the 16 ounce line on the container with the mix. Stir.
- C. Drink all the liquid in the container.
- D. You must drink TWO more 16 ounce containers of water over the next 1 hour.
(Total of 48 ounces)
- E. You may have clear fluids up to 4 hours prior to the procedure, **TIME:** _____
- F. Nothing to eat or drink after that.

If your procedure is scheduled between 7am and 11am ONLY you will take the second prep dose @ 10pm the night before.

If you experience severe pain or vomiting with the preparation, please call 845-454-0222
Nothing to eat or drink after midnight for procedures in the hospital. Please follow
specific instructions for office procedures.