Suprep Checklist for Colonoscopy

1 DAY PRIOR TO PROCEDURE

☐ **Begin a clear, liquid diet** (i.e clear soup broth, lemon/lime Jell-O, water, coffee, tea, Sprite, Ginger-Ale, apple juice/white grape juice). Avoid liquids with red, orange, blue, or purple food coloring as well as milk, alcohol, and solid foods.

☐ **Drink at least 8 glasses of water** during the day to avoid dehydration.

☐ **5PM:** Pour one 6-ounce bottle of Suprep liquid into a mixing container. Add cool, drinking water until the liquid reaches the 16-ounce line on the mixing container and mix. Drink the liquid and follow it with two more 16-ounce containers of water over the next hour.

☐ **10PM:** Repeat steps completed at 5PM.

DAY OF PROCEDURE

☐ **Avoid eating or drinking** unless you have been instructed otherwise.

☐ **Take necessary medications** with a small sip of water.

☐ **Arrive at the hospital** at your specified procedure time.

☐ Bring a trusted individual with you or have them arrive following your procedure to drive you home. **You are required to have a driver.**

Your preferred pharmacy is listed as: ____________________________
This prep will be sent to your pharmacy.
Frequently Asked Questions:

What can I expect as I ingest Suprep?

*Mild nausea, mild hunger, and/or profuse, watery bowel movements.*

When should I go to the emergency room?

*Call our office if you are unsure if you should visit the emergency room. Bodily responses that may require you to go to the emergency room involve intolerable nausea/vomiting, intolerable abdominal pain, and/or bloody stools.*

May I continue to take my daily aspirin and/or pain medications?

*You may take this the day prior to your procedure, but please do not take the day of your procedure.*

May I continue to use my inhaler?

*Yes. Use your inhaler the morning of your procedure and bring it with you to the hospital.*