



SUPREP Split Dose Bowel Prep Instructions

(AM scheduled appointment)

IMPORTANT - Please read your instructions carefully for the best outcome.

KEY INSTRUCTIONS:

- **Pick up your prescription** at the Pharmacy of your choice.
- **Follow instructions *exactly* as written.** If your colon is not clean, your procedure may be incomplete, requiring you to repeat the colonoscopy.
- **Drink a large amount of fluid** the day before your procedure to hydrate yourself. Consult with your physician if you have been told to limit the amount of fluid you should drink.
- **Follow the instructions** on the label for mixing.
- **Please look** at your bowel movements. Acceptable color should be clear yellow.
- **Avoid** sitting for long times, activity will help your body clean your colon.

The [day before your procedure](#) you may have clear liquids listed in these instructions, **do not** eat solid, soft or creamy foods.

At **4 p.m.**, pour the contents of one bottle of SUPREP Bowel Prep into the mixing container provided. Fill the container with water to the 16-ounce fill line, and drink the entire amount. Drink two additional containers filled to the 16-ounce line with water over the next hour.

It is important that you continue to drink fluid in between the first half and second half of your prep to prevent dehydration.

Between **8 p.m. and 10 p.m.**, pour the contents of the second bottle of SUPREP Bowel Prep into the mixing container provided. Fill the container with water to the 16-ounce fill line, and drink the entire amount. Drink two additional containers filled to the 16-ounce line with water over the next hour.

You will need to stop drinking all liquids [6 hours](#) prior to your procedure time.

Clear Liquid Diet (Please remember no red or purple)

- Strained juices: apple, white grape, white cranberry
- Tea without milk or cream
- Fruit flavored drinks
- Carbonated soft drinks – avoid dark soft drinks
- Plain Jell-O

- Ice popsicles
- Clear broth or brewed bouillon

Helpful hints to prepping:

If you have anal irritation, gently pat the area with the toilet paper or flushable wet wipe.

We recommend getting one of the below over-the-counter products for anal discomfort:

- Creams or ointments (Aquaphor, diaper rash cream/ointment—please avoid Vaseline)
- Tucks or Fleets relief pads (chilling them works well)

To make the prep easier to drink:

- Use a straw to drink your prep
- Rinse your mouth with water or other liquid; or suck hard candy between cups.
- Chill your solution before beginning your prep for better taste.

If you have questions or need to reach us call:

- Cooperstown GI Lab: 607-547-3388
- OSS Ambulatory Surgery: 607-433-6437
- Herkimer Health Center ASU: 315-867-2839/2850
- O'Connor Ambulatory Surgery: 607-746-0404
- Cobleskill Regional: 518-254-3373
- Little Falls Ambulatory Surgery: 315-823-5351
- A.O. Fox Ambulatory Surgery: 607-431-5605