

SUPREP BOWEL PREP INSTRUCTIONS

FOLLOW THESE PREP INSTRUCTIONS, NOT THE INSTRUCTIONS ON THE SUPREP BOX

Preparation for your colonoscopy starts 5 days prior to your procedure

Review the check off list on the other side of this form. Follow accordingly.

Start a Low Fiber Diet 5 days before procedure.

See enclosed low fiber diet foods allowed and what to avoid

Start a Clear Liquid only diet the day before your procedure and up to 4 hours prior to you procedure.

See enclosed Clear Liquid drinks allowed and what to avoid

SUPREP BOWEL PREP

Remember: Follow these instructions, not the instructions on the Suprep Box

Suprep is a prescription item that is called into your preferred pharmacy once that information is provided to us. If you have not obtained your prep 5 days prior to your procedure, and your pharmacy does not have a prescription called in, notify Middlesex Gastroenterology @ 978 429 2000.

If you are prone to constipation or difficulty passing regular bowel movements, take three (3) Dulcolax laxative tablets at 8am on the day **BEFORE** your procedure. Dulcolax laxative tablets may be purchased at your pharmacy without a prescription.

Suprep Bowel Prep is taken as a split dose (2-day) regimen. Both bottles of solution must be taken in order to have good results.

5 PM the evening before your procedure:

Pour the first 6 ounce bottle of SUPREP liquid into the mixing container. Add cool water to the 16 ounce line on the container. Mix thoroughly. Drink **All** the liquid in the container.
Follow this by drinking 2 more 16 ounce glasses of water within the next 1 hour.

The day of your procedure: 5 hours prior to your procedure time

Pour the second 6-ounce bottle of SUPREP liquid into mixing container. Add cool water to the 16 ounce line on the container. Mix thoroughly. Drink **All** the liquid in the container.
Follow this by drinking 2 more 16 ounce glasses of water within the next hour

You must finish drinking your final glass of water at least 4 hours prior to your procedure.

REMEMBER: Nothing to drink 4 hours prior to your procedure. This includes water

If you are not having clear bowel movements after the second dose of SUPREP, call the office @

978 429-2010