

SUPREP BOWEL PREP KIT **PREPARATION FOR COLONOSCOPY**

EFFECTS OF BOWEL PREPARATION: The solution will cause you to have repeated loose stools (diarrhea), which is the expected result. The solution usually works within 30-60 minutes but may take as long as 4 hours to have an effect. During the preparation process you are advised to stay close to a bathroom.

At least one week prior to the procedure: Please read all of the instructions carefully. It is advised that you take the prescription to your pharmacy to have it filled. It is advised that you refrigerate the entire box after picking it up from the pharmacy. This will help make it more tolerable. Purchase Desitin or Vaseline.

The day prior to the procedure: To ensure the highest quality preparation you **MUST** remain on clear liquids all day and complete all of your prep. *This will give your physician the clearest view of your colon.* To prevent soreness while passing the diarrhea caused by the bowel prep apply Desitin or Vaseline to your anus.

Please follow these instructions carefully (**DO NOT follow the instructions on the prep box**)

AT 6PM the night before your procedure

Step 1 - Empty one brown bottle into the 16oz container provided

Step 2 - Fill the container to the 'fill line' with COLD water, pulp-free lemonade, Gingerale or Sprite

Step 3 - Drink the solution within 30 minutes using a straw, chasing with water/another clear liquid or sucking on a lemon to better tolerate the taste of the medicine. It's important to complete your prep and keep it down to give your physician the best view of your colon.

Step 4 - Fill the container 2 more times with the clear liquid of your choice and drink over the next hour.

5 HOURS PRIOR TO YOUR ARRIVAL TIME

Follow steps 1-4 above using the remaining bottle

****DO NOT DRINK ANYTHING**
2 HOURS PRIOR TO YOUR ARRIVAL TIME
OR YOUR PROCEDURE MAY BE CANCELLED OR RESCHEDULED**