Colonoscopy Prep

Suprep



PHARMACY PICKUP:

This can be picked up at your pharmacy. This kit will cause stools to become liquid and eventually yellow to clear in color.

THE DAY BEFORE:

The day before your colonoscopy you should drink only clear liquids (avoid red and purple) for breakfast, lunch, and dinner.

- Solid foods, including milk and other dairy products, are NOT allowed.
- Clear liquids include water, juice without pulp, chicken or beef broth, plain Jell-O, Gatorade, popsicles, coffee (without creamer), soda, tea, lemonade, sports drinks, or Kool-Aid.

You may have as much of these as you'd like. Do not limit your fluids to water only. Drinking beverages with some calories will help you better tolerate the prep.

NOTE:

Do not take oral medications for one hour prior to beginning prep.

Lucas County Health Center
An Affiliate of UnityPoint Health

Beginning Bowel Prep

5 PM - BEGIN DRINKING PREP:

At 5 PM the evening prior to colonoscopy, pour one 6 ounce bottle of Suprep solution into mixing container, add cool drinking water to the 16 ounce line on the container, and mix. (Adding juice from ½ lemon will make the prep more palatable.) Drink all liquid in the container. Then drink 2 additional 16 ounce glasses of water or clear liquid over the next 1-2 hours.

10 PM - SECOND BOTTLE

At 10 PM, pour the second 6 ounce bottle of Suprep into mixing container, add cool water to 16 ounce line, and mix. (Squeeze in the last ½ lemon, if desired.) Drink all liquid in container. Then drink 2 additional 16 ounce glasses of water or clear liquid over the next 1-2 hours.

MEDICATION NOTES:

- No Coumadin, Plavix, aspirin products, blood thinners, or anti-inflammatory drugs (arthritis drugs, Motrin, Advil, naprosyn, etc.) are allowed for 5-7 days prior to colonoscopy, unless advised differently by your surgeon.
- Tylenol/acetaminophen is okay the prior week.
- Please check with your primary care provider regarding diabetic medications.
- You are allowed to take the following medications the morning of your procedure: blood pressure, heart, seizure, and breathing.
- If you have nausea/vomiting after starting bowel prep, STOP and wait until you feel better before resuming. Waiting 30+ minutes is okay in order to keep the bowel prep in.

Questions?

If you have any questions or concerns, please feel free to reach out to our Surgery Team.

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