

## COLONOSCOPY PREPARATION

# Suprep Split Prep

**Colonoscopy Technique:** A colonoscopy is a fiber optic flexible scope that is inserted in the rectum after the patient is sedated. The scope is about the diameter of your finger and has a light source at the end so that the physician can see the lining of the entire large intestine, from the rectum to the cecum (where the appendix and small bowel attach to the large bowel). Factors affecting visibility of the entire lining include the presence of stool and the patient's anatomy (a fold, kink, or scar tissue that may make it more difficult for the physician to see the lining of the bowels).

Your SUPREP Bowel Prep Kit prescription will be sent to your preferred pharmacy location. You may receive a generic medicine instead.

### THE DAY BEFORE YOUR COLONOSCOPY:

Follow a clear liquid diet. More information on the clear liquid diet can be found on the General Instructions included. Drink plenty of fluids throughout the day to stay hydrated and improve your results. **NO SOLID FOOD MAY BE CONSUMED UNTIL AFTER YOUR PROCEDURE.**

### EVENING BEFORE YOUR COLONOSCOPY

1. At 5 pm pour the entire contents of one bottle of SUPREP Bowel Kit into the mixing container provided.
2. Fill the container with cold water to the 16 ounce fill line and drink the entire amount. You may add a Crystal Light flavor packet, Ginger Ale, Clear Soda or Apple Juice to the solution, if you prefer. **AVOID FLAVORINGS THAT HAVE A RED OR PURPLE COLORING.**
3. Drink two additional containers filled to the 16 ounce line with water over the next hour.

### THE DAY OF YOUR PROCEDURE — 6 HOURS PRIOR TO PROCEDURE \_\_\_\_\_

1. Continue the clear liquid diet.
2. At \_\_\_\_\_: Pour the entire contents of one bottle of SUPREP Bowel Kit into the mixing container provided.
3. Fill the container with cold water to the 16 ounce fill line and drink the entire amount. You may add a Crystal Light flavor packet, Ginger Ale, Clear Soda or Apple Juice to the solution, if you prefer. **AVOID FLAVORINGS THAT HAVE A RED OR PURPLE COLORING.**
4. Drink two additional containers filled to the 16 ounce line with water over the next hour.
5. Complete all of the SUPREP Bowel Prep Kit and required water at least 6 hours prior to your procedure.