

SUPREP (sodium sulfate, potassium sulfate, and magnesium sulfate) Bowel Prep Instructions

SUPREP is a bowel prep kit used to help clean out your bowels before a colonoscopy. It is split into 2 doses. Both 6-ounce bottles need to be taken for a complete prep. When you start drinking the prep depends on the arrival time for your colonoscopy.

10 Days Before Your Colonoscopy

- Your doctor gave you a prescription for SUPREP. Please fill this prescription 10 days before your colonoscopy.

5 Days Before Your Colonoscopy

- Make a plan with a driver who can take you to and from your colonoscopy appointment.
 - Information about this is in the *Reminders for Your Colonoscopy* section later in this document.
- Have plenty of clear liquids available at home.
 - Information about this in in the *Clear Liquid Diet* section later in this document.

3 Days Before Your Colonoscopy

- Start a low-fiber diet.
 - Information about this is in the *Low-Fiber Diet* section later in this document.

1 Day Before Your Colonoscopy

Clear Liquid Diet

- Start a clear liquid diet 1 day before your colonoscopy. You may only have clear liquids on the day before your colonoscopy.
 - You are **NOT** allowed to have any solid foods, milk, or milk products.
 - You are **NOT** allowed any alcohol.
 - Do **NOT** eat or drink anything red, blue, or purple.
- You will take the first dose of SUPREP the day before your colonoscopy.

First Dose Start Time

If the arrival time for your colonoscopy is between 6:00 AM and 11:30 AM, you will start drinking the SUPREP at **12:00 PM** (noon) the day before your colonoscopy.

If the arrival time for your colonoscopy is between 12:00 PM (noon) and 4:30 PM, you will start drinking the SUPREP at **5:00 PM** the day before your colonoscopy.

First Dose Instructions

- Begin Step 1 at the day and time listed above. Follow these steps below:
 - **Step 1:** Pour one 6-ounce bottle of SUPREP liquid into the mixing container.
 - **Step 2:** Add cool drinking water to the 16-ounce line on the container and mix.
 - **Step 3:** Drink ALL the liquid in the container.
 - **Step 4:** You **MUST** drink 2 more 16-ounce containers (32 ounces total) of water over the next hour.
- After you have finished with Step 4, continue with a clear liquid diet.
- Stay close to a bathroom. Cleaning your colon causes diarrhea. The time it takes for bowel prep to start working is different for everyone. In most cases, it takes between 30 minutes and 3 hours.

Second Dose

If the arrival time for your colonoscopy is between 6:00 AM and 11:30 AM, you will start drinking the SUPREP at **8:00 PM** the night before your colonoscopy.

If the arrival time for your colonoscopy is between 12:00 PM (noon) and 4:30 PM, you will start drinking the SUPREP at **4 hours before the arrival time** on the day of your colonoscopy.

If your colonoscopy arrival time is:	Start the second dose of SUPREP at:
12:00 PM (noon)	8:00 AM
12:30 PM	8:30 AM
1:00 PM	9:00 AM
1:30 PM	9:30 AM
2:00 PM	10:00 AM
2:30 PM	10:30 AM
3:00 PM	11:00 AM
3:30 PM	11:30 AM
4:00 PM	12:00 PM (noon)
4:30 PM	12:30 PM

Second Dose Instructions

- Begin Step 1 at the day and time listed above. Follow these steps below:
 - **Step 1:** Pour one 6-ounce bottle of SUPREP liquid into the mixing container.
 - **Step 2:** Add cool drinking water to the 16-ounce line on the container and mix.
 - **Step 3:** Drink ALL the liquid in the container.
 - **Step 4:** You **MUST** drink 2 more 16-ounce containers (32 ounces total) of water over the next hour.
- You must finish Step 4 at least 2 hours before your colonoscopy time.
- Do **NOT** have anything else to eat or drink once you have finished Step 4.

Reminders for Your Colonoscopy

- Please call the office if your stool is not clear, light, or yellow after finishing the bowel prep.
- You must have a driver for your colonoscopy. This is for your safety since you will be getting sedation. Your driver needs to be over the age of 18. Your driver will take you to your appointment and drive you home. If you are taking public transportation or using a rideshare like Uber or Lyft, you must also have a responsible adult over the age of 18 with you.
- You may brush your teeth before your colonoscopy, but be careful **NOT** to swallow any liquids.
- Remember to follow the directions of when to stop eating or drinking before your colonoscopy. This includes **NOT** having any water, gum, hard candy, or chewing tobacco.
- Bring a list of your current medications and allergies.
- Bring your insurance cards and driver's license or picture ID with you.
- Wear comfortable clothing and shoes.
- You may wear your dentures, hearing aids, and glasses. If you wear contacts, please bring a case with you. You will need to remove contacts before your colonoscopy.
- Please leave all jewelry at home.

Low-Fiber Diet

You will need to start a low-fiber diet 3 days before your colonoscopy.

You may have the following on a low-fiber diet:

- Cooked red meat, fish, or poultry (**without** skin)
 - Eggs
 - Tofu
 - Dairy products (as long as they **don't** have fruit or nuts)
 - Ice cream
 - Cottage cheese
 - Yogurt
 - Well-cooked vegetables that **don't** have skins or seeds
 - Canned or cooked fruits with **no** skin or seeds
 - Applesauce
 - Peaches
 - Pears
 - Apricots
 - Apples
 - Ripe bananas
 - Juices
 - Fruit juices **without** pulp
 - Kool-Aid
 - Hi-C
 - Gatorade
 - Powerade
 - Refined white breads
 - White rice or white pasta
 - White crackers
 - Saltines
 - Nilla Wafers
 - Animal Crackers
- } Do NOT eat or drink anything
red, blue, or purple!

You may NOT have any of the following on a low-fiber diet:

- **NO** whole grains like bran, oatmeal, and brown rice
- **NO** whole wheat pasta
- **NO** whole wheat or whole-grain breads or crackers
- **NO** deli meat, cold cuts, salami, or hot dogs
- **NO** foods that have nuts or seeds like peas, beans, okra, or tomatoes
- **NO** raw vegetables
- **NO** raw fruit
- **NO** foods that cause gas like Brussels sprouts, broccoli, and cauliflower (raw or cooked)
- **NO** corn
- **NO** popcorn
- **NO** granola
- **NO** lentils, split peas, or beans
- **NO** berries
- **NO** dried fruits like prunes, raisins, or figs

Clear Liquid Diet

You will need to follow a clear liquid diet the day before your colonoscopy.

Do **NOT** eat or drink anything after midnight the day before your colonoscopy except for the liquids in the directions of the second dose of SUPREP.

You may have the following on a clear liquid diet:

- Clear broth or bouillon (without food particles, seasonings, or noodles)
 - Chicken broth
 - Vegetable broth
 - Beef broth
- Ice popsicles
- Italian/fruit ice
- Plain Jell-O
- Sorbet
- Hard candies
- Sports drinks
 - Gatorade
 - Powerade
 - Propel
- Tea and coffee (without cream or milk)
- Soda
- Clear juice (without pulp)
 - White cranberry juice
 - White grape juice
 - Apple juice

Do **NOT** eat or drink anything
red, blue, or purple!

You may **NOT** have any of the following on a clear liquid diet:

- **NO** red, blue, or purple
- **NO** solid foods
- **NO** dairy products
- **NO** alcohol