

GASTROENTEROLOGY CLINIC OF SAN ANTONIO, P.A.



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SUPREP COLONOSCOPY PREP

Purchase: Suprep Bowel Prep kit (prescription required)

DAY BEFORE THE PROCEDURE:

Follow the [Colonoscopy Diet Instructions](#) handout that is in this packet. This is very important and will help assure a clean prep and thorough exam. You will begin a liquid diet 24 hours before your procedure.

Part 1. At about 6 PM the day before your procedure mix the first bottle of the prep. Pour one 6 ounce bottle of Suprep into the mixing container. Add cool drinking water to the 16 ounces line on the container and mix. Drink all of the liquid in the container. Important, you must drink 2-3 more 16 ounce cups of water over the next hour after drinking the Suprep. The more fluids you drink the cleaner you will be. You can continue to drink fluids until you go to bed.

Part 2. Starting 10 hours before your scheduled procedure time pour the second 6 ounce bottle of Suprep into the mixing container. Add cool drinking water to the 16 ounces line on the container and mix. Drink all of the liquid in the container. Important, you must drink 2-3 more 16 ounce cups of water over the next hour after drinking the Suprep. The more fluids you drink the cleaner you will be. You can continue to drink fluids until you go to bed.

If your procedure is scheduled real early in the morning (6-8AM) you may find it more convenient to just take the whole prep the day before instead of trying to split it into two doses. Start **Part 1** at noon the day before your exam and **Part 2** at 10 PM. However, if you can split it as above it does work better.