

# 2 Day Prep Instructions with Suprep

Please read and follow these instructions carefully. The colonoscopy cannot be completed if your colon is not clean and you will be rescheduled

## Day 1 Prep

### Purchase at the Pharmacy/Grocery Store:

- One (1) box of Dulcolax (bisacodyl) tablets (box of 4 tablets)
- Miralax 8.2 oz. (238g)
- One (1) 64 oz. bottle of Gatorade (NO RED COLORS). If you do not like Gatorade, you may use water, Crystal Lite, etc.

### Day 1 Prep Instructions:

*Eat normally on Day 1 of the prep*

- **Prepare the Miralax mixture:**
  - Mix **8.3 oz. of Miralax** with **64 oz of Gatorade**. Shake well until fully dissolved. Chill the mixture in the refrigerator.
- **Drink the mixture: Any time of day**
  - Drink **1 glass (about 8 oz)** every **15 minutes**. Continue until you have finished the entire 64 oz.
- **Take Dulcolax tablets:**
- Take **2 Dulcolax tablets at 3:00pm**. Follow with **3-4 glasses of clear liquid**.
- Take **2 Dulcolax tablets at 8:00pm**. Follow with **3-4 glasses of clear liquid**.

## Day 2 Prep

Please pick up Suprep from your pharmacy as soon as they fill your prescription.

- You may eat a light breakfast, no solids after 11:00 am.
- **Do not** have any dairy products.
- **Do not** have any items with **RED DYE!!!**
- **6:00pm** – Drink the first bottle of SUPREP as instructed in the following steps:
- Pour ONE (1) 6-ounce bottle of SUPREP liquid into the mixing container.
- Add cool drinking water to the 16-ounce line on the container and mix.
- You **MUST** drink two (2) more 16-ounce containers of water over the next 1 hour
- **5 hours before your report time\*** - Repeat the steps to complete the 2nd bottle SUPREP

**DONOT eat or drink anything after you have finished the prep.**

## Medication Instructions

Please inform us before you schedule the procedure if you have any of the following:

- An internal defibrillator
- Latex allergy
- Are on home oxygen
- If you take antibiotics for dental procedures, please contact the prescribing physician for instructions
- If you take ANY other medications, please refer to the next page for additional instructions

If you are diabetic:

- Hold your diabetic medication the morning of the test.
- If you take insulin, take ½ of your normal dose the night before and ½ of your normal dose the morning of the procedure.
- Use sugar-free drinks for liquids, like Crystal Lite, during the prep (to avoid increase in blood sugar) and monitor your blood sugar closely to prevent low blood sugar. *If your blood sugar is low, you may drink a sugary beverage.*

\*If you are taking **any blood thinners**, please contact the physician who ordered the medication for instructions.

## Day of Procedure

### Reminder:

- Do not eat or drink anything before your procedure
- Dress in light, loose clothing.
- Do not wear makeup, nail polish, jewelry, hairspray, or perfume.

### Bring:

- Insurance Card
- Identification Card
- All your current medications and dosages.
- An eyeglass case if you wear glasses.

*\*You will receive a phone call from the facility*

*1-2 days before your procedure with your report time*

*If you have any questions about these instructions, please call our office at 302-892-9900.*