

ENDOSCOPY CENTER OF CENTRAL NEW YORK

INSTRUCTIONS FOR COLONOSCOPY WITH SUPREP SPLIT DOSE FOR PATIENTS SCHEDULED 1230 PM OR LATER ONLY

Day before examination:

Drink only "**clear liquids**" for breakfast, lunch, and dinner. (Solid foods, milk, or milk products are NOT allowed.)

Clear liquids include:

- 1 strained fruit juices without pulp (apple, white, grape juice or lemonade)
- 2 water
- 3 clear broth or bullion

Coffee or tea (without milk or non-dairy creamer)

All of the following that are **NOT colored red or purple**:

- 4 Gatorade, carbonated and non-carbonated soft drinks, Kool-Aid, or other fruit flavored drinks
- 5 drinks
- 6 plain Jell-O (without added fruits or toppings)

Ice popicles

FIRST DOSE: Begin Step 1 at 8:00 PM the evening before your procedure and proceed as shown below:



Pour ONE (1) six (6) ounce Bottle of SUPREP liquid Into the mixing container



Add cool drinking water to the 16 ounce line on the container And mix



Drink ALL Liquid in the container



You must drink two (2) more 16 ounce containers of water over the next hour

Day of examination:

SECOND DOSE: Repeat Step 1-4 at 6:00 AM the morning of your procedure and proceed as shown above:

NOTE -Individual responses to laxatives do vary: this prep may cause multiple bowel movements. It often works within 30 minutes, but may take as long as three hours.

You may have clear liquids up until **7 AM the morning of your procedure. Absolutely nothing to eat or drink after 7 am** unless otherwise directed.

YOU MUST AVOID IRON FOR ONE WEEK PRIOR TO THE EXAM!!!