

BOWEL PREPARATION FOR COLONOSCOPY OR SURGERY

DAY BEFORE THE EXAM

Take a “Clear Liquid diet” and drink plenty of water. Do NOT eat any solid food the entire day, and don’t drink any liquid that you can't “see through.”

Pick up your Laxative: It has already been sent to your pharmacy.

BOWEL PREPARATION WITH MOVIEPREP OR SUPREP

The bowel preparation is done in two parts, with one dose taken the evening before the procedure and the second dose taken the morning of the procedure.

1. Mixing the Solution:

- Pour one 6-ounce bottle of SUPREP liquid into the provided mixing container.
- Add cool drinking water to the 16-ounce line on the container and mix well.

2. Drinking the Solution:

- Drink all of the mixed solution.

3. Drinking Additional Liquids:

- Over the next hour, drink two more 16-ounce containers of water.

4. Second Dose:

- Repeat the process with the second bottle of SUPREP liquid as early as possible on the morning of the colonoscopy.
- Follow the same steps of mixing, drinking the laxative, and clear liquids.

5. Stopping Fluids:

- Stop drinking all clear liquids and medications at least 2-4 hours before your scheduled arrival time.

Rapidly drinking a glassful is better than sipping an ounce or two at a time. Chilling it or mixing CrystaLite may make it easier to drink. You will have consumed several glassfuls before having the first bowel movement. You may experience nausea, abdominal fullness, and bloating. If this occurs, slow down on the drinking until these symptoms disappear.

WHAT IS A “CLEAR LIQUID” DIET

- Soups and broths: chicken or beef bouillon
- Jell-O, all jelly products (avoid red color and purple)
- Soft drinks (orange, ginger ale, cola, Sprite, 7-Up, Gatorade, Kool-Aid, CrystaLite®)
- Strained fruit juices without pulp
- Water, tea, or coffee (no milk or non-dairy creamer)

YOUR MEDICATIONS

- If you are taking Coumadin, Plavix, or any other blood-thinning medications, you will need to stop it a few days before the procedure. Ask your surgeon about it.
- Weight-loss medications and herbal supplements should be discontinued 2 weeks prior to the procedure.
- You may take all your medications on the morning of surgery. However, **DO NOT** take your diabetic medications.

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