**READ IMMEDIATELY**

\*\* Follow instructions below, not the instructions on the box \*\*

**Suprep (sodium sulfate / potassium sulfate / magnesium sulfate)**

**Preparation Instructions for Colonoscopy**

For 4 days prior to procedure avoid salads, raw fruits & vegetables, nuts, and seeds.

If you are a DIABETIC or on blood thinners (e.g., Coumadin, Plavix), contact our office for

specific instructions. If you take aspirin, you may continue to take it. Stop iron supplements

at least 5 days before the procedure. Take all other medications as usual, including blood

pressure medications.

**DAY BEFORE PROCEDURE**

Clear liquids only! No solid food is allowed until after your colonoscopy is complete. Examples of clear liquids: water, clear carbonated beverages, Gatorade, clear fruit juices, coffee, tea, broth, bouillon, Jell-O. Nothing red, purple, or green. No milk products, alcohol, hard candy, or gum.

4:00 pm – pour one 6-ounce bottle of Suprep liquid into the mixing container. Add cool drinking water (or lemonade or iced tea) to the 16-ounce line on the container and mix. *Drink all the liquid in the container over 1 hour.*

5:00 pm – drink two more 16-ounce containers of just water over one hour. You may continue to drink clear liquids between the bottles of Suprep.

**DAY OF PROCEDURE**

5-6 hours prior to your scheduled colonoscopy - pour one 6-ounce bottle of Suprep liquid into the mixing container. Add cool drinking water (or lemonade or iced tea) to the 16-ounce line on the container and mix. *Drink all the liquid in the container over 1 hour*.

\*\* If you feel nauseous or bloated, you may stop drinking the solution. Drink some clear broth or tea and wait for the feeling to pass. Begin drinking the solution again. YOU MUST DRINK BOTH BOTTLES!

You must drink two more 16-ounce containers of just water. You must finish 4 hours prior to your colonoscopy, then *nothing more to eat or drink* until after your procedure.

\*\*\*\*\* Call 585-720-1550 with any questions \*\*\*\*\*

Revised 9/30/2024