

## **Colonoscopy Prep Instructions – 2 Day SUPREP PM (arrivals 12:30pm - 3pm)**

Please follow the General Colonoscopy instructions along with your prep instructions.

### **2 Days Prior to Your Procedure:**

Drink clear liquids only all day. Try and drink 8oz of liquid every hour.

Take 4 Dulcolax tablets (20mg) total at 6pm

### **Day Before Your Procedure:**

#### **Begin your first dosing regimen: 9PM the day before your procedure**

Pour one (1) 6oz bottle of SUPREP liquid into the mixing container provided. Add cool drinking water (if desired you may mix the solution with Crystal Light Lemonade, Gatorade or Iced Tea) to the 16oz line on the container and mix. Drink all the liquid in the container. Drink at least two more 16oz containers of liquid over the next hour after finishing your prep.

#### **Begin your second dosing regimen: 5 hours prior to procedure**

Pour one (1) 6oz bottle of SUPREP liquid into the mixing container provided. Add cool drinking water (if desired you may mix the solution with Crystal Light Lemonade, Gatorade or Iced Tea) to the 16oz line on the container and mix. Drink all the liquid in the container. Drink at least two more 16oz containers of liquid over the next hour after finishing your prep.

All fluids must be stopped 2 hours prior to your arrival at our facility or your procedure may be cancelled.