





TIMELINE OF YOUR COLONOSCOPY PREPARATION

When you go to the pharmacy to pick up your bowel preparation, please also pick up simethicone anti-gas tablets (Gas-X or any generic brand) which are available over-the-counter without a prescription. While this medicine isn't required, taking it as detailed below will improve the quality of your bowel preparation.

The Day Before Your Procedure	
Between 5:00 pm to 6:00 pm	<div>  <p>STEP 1</p> <p>Pour ONE (1) 6-ounce bottle of SUPREP liquid into the mixing container.</p> </div> <hr/> <div>  <p>STEP 2</p> <p>Add cool drinking water to the 16-ounce line on the container and mix. NOTE: Be sure to dilute SUPREP as shown at left before you drink it.</p> </div> <hr/> <div>  <p>STEP 3</p> <p>Drink ALL the liquid in the container.</p> </div> <hr/> <div>  <p>STEP 4 IMPORTANT</p> <p>You must drink two (2) more 16-ounce containers of water over the next 1 hour.</p> </div> <p>Chew two tablets of simethicone 125mg chewable tablets. This can be purchased over-the-counter. This step is preferred, but not essential.</p>
The Day of Your Procedure	
5 hours Prior to Arrival	<p>Repeat steps 1-4 as above with the second Suprep® bottle.</p> <p>Chew two tablets of simethicone 125mg chewable tablets. This can be purchased over-the-counter. This step is preferred, but not essential.</p>

PREPARATION TIPS

1. Since the bowel preparation will cause diarrhea, it is important to stay hydrated. Make a conscious effort to drink clear liquids throughout the day to prevent dehydration.
2. Try drinking the preparation with a straw as this may be easier to tolerate.
3. If you start to feel nauseated, you can pause for 20-30 minutes and then begin drinking the solution more slowly. Some patients say that walking around helps relieve their nausea.
4. Be sure to finish the entire prep or else the colon may not clean adequately which may result in you needing to repeat your colonoscopy within 6-12 months.

DO NOT FOLLOW THE PREP INSTRUCTIONS ON THE PRODUCT'S BOX OR THAT THE PHARMACY PROVIDES. YOU MUST FOLLOW OUR PREP INSTRUCTIONS AS WRITTEN IN THIS DOCUMENT.

5. Your output/bowel movements should be clear (or yellow) after you've completed the bowel preparation. If you are still seeing solid stool/brown stool after completing the 2nd dose, please call our office 312-695-5620.