

Colonoscopy Prep Instruction Sheet

On the day *before* your procedure...

- CLEAR LIQUID DIET all day
- DO NOT drink milk
- DO NOT eat or drink anything colored red, blue, or purple
- DO NOT drink alcoholic beverages

Any of the following liquids are OK to drink: Water; Strained fruit juices without pulp including apple, white grape, or white cranberry; Limeade or Lemonade; Coffee or tea (without milk or creamer; non-greasy Chicken broth and Gelatin desserts that are not red, blue or purple.

When to take SUPREP BOWEL PREP KIT

SUPREP Bowel Prep Kit is taken as a split dose. You take the first 6-ounce bottle of SUPREP the evening at 4-5 p.m. before your colonoscopy and the second 6-ounce bottle of SUPREP at 9-10 p.m. It is important to drink the additional water as recommended in the Instructions for Use. Both 6-ounce bottles are required for a complete prep. Your doctor will tell you when it is time to begin to take each dose.

How to take SUPREP BOWEL PREP KIT

- **On the evening before your procedure at 4-5 p.m.** (or when your doctor tells you to begin), complete steps 1 through 4 using one (1) 6-ounce bottle before going to bed
- **At 9-10 p.m.** , repeat steps 1 through 4 using the other 6-ounce bottle

Both 6-ounce bottles are required for a complete preparation.

IT IS IMPORTANT TO FOLLOW ALL THE STEPS BELOW COMPLETELY.



Pour **ONE** (1) 6-ounce bottle of SUPREP liquid into the mixing container.



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.



Drink **ALL** the liquid in the container.



You **must** drink two (2) more 16-ounce containers of water over the next 1 hour.

NOTE: You **must** finish drinking the final glass of water at least 2 hours, or as directed, before your procedure.

SUPREP® Bowel Prep Kit (sodium sulfate, potassium sulfate and magnesium sulfate) Oral Solution is an osmotic laxative indicated for cleansing of the colon as a preparation for colonoscopy in adults. Most common adverse reactions (>2%) are overall discomfort, abdominal distention, abdominal pain, nausea, vomiting and headache. Use is contraindicated in the following conditions: gastrointestinal (GI) obstruction, bowel perforation, toxic colitis and toxic megacolon, gastric retention, ileus, known allergies to components of the kit. Use caution when prescribing for patients with a history of seizures, arrhythmias, impaired gag reflex, regurgitation or aspiration, severe active ulcerative colitis, impaired renal function or patients taking medications that may affect renal function or electrolytes. Use can cause temporary elevations in uric acid. Uric acid fluctuations in patients with gout may precipitate an acute flare. Administration of osmotic laxative products may produce mucosal aphthous ulcerations, and there have been reports of more serious cases of ischemic colitis requiring hospitalization. Patients with impaired water handling who experience severe vomiting should be closely monitored including measurement of electrolytes. Advise all patients to hydrate adequately before, during, and after use. Each bottle must be diluted with water to a final volume of 16 ounces and ingestion of additional water as recommended is important to patient tolerance.

If you are not adequately cleaned, call endoscopy early the morning of the procedure, and we will try to work with you to further the prep process.

WMMC Endoscopy Suite

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If you have any further questions call Dr. Snowden's office at 660-747-7751 option 3