

SUPREP - Split Prep

SUPREP Bowel Prep Kit is a SPLIT-DOSE (2-day) regimen. Both 6-ounce bottles are required for a complete prep.

INSTRUCTIONS FOR COLON PREP/LAVAGE

Preparation quality is your responsibility—it is critical you follow these instructions. The effectiveness of your colonoscopy in finding polyps and preventing cancer is largely dependent upon you providing an excellent colon preparation. Failure to take the prep as indicated below may result in a poorly cleansed colon and possible cancellation or rescheduling of procedure.

Three Days Before Exam

If you have less than 3 bowel movements per week, difficulty passing stool, hard stools, incomplete evacuation, and/or straining, take a dose of Milk of Magnesia at bedtime three nights before your exam and again two nights before your exam.

Follow a soft diet. Do not eat legumes/beans, peas, carrots, corn, popcorn, tomatoes, whole grain bread, or nuts for three days before your colonoscopy. Small seeds can interfere with the gastroenterologist's ability to suction remaining fluid from the colon.

Pick up Suprep prep at the pharmacy. Review the manufacturer instructions and follow all directions provided by the manufacturer to mix this product.

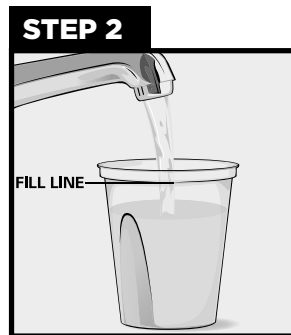
Stop all iron, fish oil and other seed oil supplements 3 days prior to exam.

Day Before the Exam

- Do not eat any solid foods or dairy products. NO SOLID FOOD, MILK, OR MILK PRODUCTS!
- Drink only CLEAR LIQUIDS for breakfast, lunch, and dinner, and the remainder of the day. Drink plenty of fluids throughout the day (see CLEAR LIQUID diet on back).
- Drinks with red or purple color are NOT ALLOWED.
- Mix bowel prep according to package instructions. You may refrigerate the prep after it is mixed.
- Clear liquid diet for dinner.
- At 5 pm:



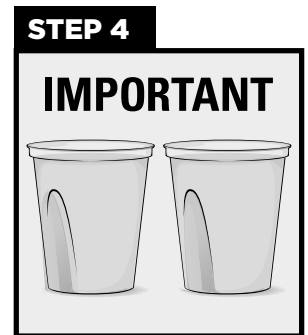
STEP 1
Pour **ONE** (1) 6-ounce bottle of SUPREP liquid into the mixing container.



STEP 2
Add cool drinking water to the 16-ounce line on the container and mix.
NOTE: Dilute the solution concentrate as directed prior to use.



STEP 3
Drink **ALL** the liquid in the container.



STEP 4
IMPORTANT
You **must** drink two (2) more 16-ounce containers of water or clear liquids over the next 1 hour. Sports drinks are the preferred clear liquid because a sports drink helps maintain electrolytes for your body's normal functioning.

Day of the Exam

- 4 Hours prior to leaving for your procedure:** Drink the remainder of the laxative prep, starting with STEP 1 above.
- Once the prep is finished:** You may take morning medications as directed. You may also continue to drink only water until 3 hours prior to arrival.
- Starting 3 hours prior to arrival:** Do not eat, drink, or chew anything further.

CLEAR LIQUID DIET

Clear liquid diet means NO solid food, milk, milk products, or liquids that have pulp. Clear liquids are liquids that you can see through. For this procedure, we also require *NO LIQUIDS THAT ARE RED, PURPLE OR BLUE.*

Clear liquids include:

- Water
- Clear fruit juice without pulp (apple, white grape, white cranberry)
- Lemonade (without pulp)
- Clear broth
- Coffee or tea (without cream)
- Sports drink (not red, purple or blue); brands include Gatorade, Powerade, All Sport, etc.
- Carbonated soft drinks (7UP, sprite)
- Kool-aid or similar drink (not red, purple or blue)
- Plain jello (without added fruit, not red, purple or blue)
- Popsicles (not red, purple or blue)

SOFT DIET

Includes:

- Non-alcoholic beverages, any
- Soft breads and rolls, crackers, cereals (must not have seeds, nuts, dried fruit, avoid coarse bran cereals)
- Cakes, pudding, custard, ice cream, sherbert, gelatin, popsicles, fudgesicles (must not have nuts, seeds, dried fruit, or coconut)
- Fruit juices, cooked or canned fruit, banana or other ripe soft fruits without seeds
- All lean, tender meats, poultry, fish
- Eggs, mild cheeses, yogurt
- Smooth peanut butter
- Potatoes, white rice, pasta
- Soups made with allowed foods from this list
- Butter, margarine, oils, gravy, ketchup, sugar, honey, syrup, hard candy, seedless jams, chocolate, are all allowed

Avoid:

- All vegetables
- Nuts, seeds, popcorn
- Dried fruit and coconut, berries, pineapple or hard/unripened fruits
- Strongly flavored, spicy, or highly seasoned foods, meats and sauces

HELPFUL HINTS

You may add crystal light lemonade to the laxative prep. We recommend adding it one glass at a time.

It is better to drink the prep quickly-try using a straw.

You may suck on hard candy or chew gum between glasses (no red, purple or blue)

To prevent your bottom from becoming sore, you may:

1. Use baby wipes or tucks pads
2. Apply KY jelly
3. Soak in warm water bath or use warm water spray
4. Use hemorrhoidal ointment if you have hemorrhoids (wipe off prior to your exam)
5. DO NOT use zinc based ointments or Vaseline

ATTENTION: If after finishing the laxative prep your stools are not clear yellow (like urine) with "flecks", please call the SSM Health Digestive Health Center 229-7575 to speak with a phone call nurse.