

Colonoscopy with Suprep Preparation

Colonoscopy Preparation

The entire day prior to your procedure, you are on a clear liquid diet. Suggested clear liquids include: water, apple juice, white grape juice, chicken soup broth, 7-up, ginger ale, Gatorade, Crystal Light, Jell-O, popsicles and plain vanilla ice cream.

NO RED, BLUE or PURPLE COLORS!!!

Dosing Instructions for Suprep

The prep will come with two 6oz. bottles of solution and a 16oz. cup.

BOTTLE 1 – mix the 6oz. bottle of solution with 10oz. of water and drink between 1:00 and 2:00 p.m. the day before the procedure. Drink all of the liquid and follow with two more 16oz. containers of water over the next hour.

BOTTLE 2 – mix the 6oz. bottle of solution with 10oz. of water and drink between 7:00 and 8:00 p.m. the evening before the procedure. Drink all of the liquid and follow with two more 16oz. containers of water over the next hour.

**Flavor suggestion: a packet of Crystal Light Lemonade or lemon juice can be mixed with the solution.

The instructions on the box will recommend split dosing over a two day period, however, Dr. Abbassi is advising patients to complete both bottles of solution the day prior to your procedure.

Keep in mind that the start time of your prep can be adjusted according to your schedule, but please follow the above instructions.

Call the Digestive Disease Consultants office if you have any questions at 904-388-8686.