

Colonoscopy Preparation Instructions

SUPREP – Split Dose

Appointment date:

Appointment time (please arrive 1 hour early):

Checklist items:

- Arrange for an escort to take you home** after your procedure
 - A responsible adult must accompany you home
 - If you do not have an escort, your procedure may be cancelled
- Review the Medication Management Instructions**
 - If you are taking blood thinners, medications for diabetes or GLP1 medications for weight loss, you may need to stop them or adjust the dose before your procedure
- Fill prescription for bowel prep**



Location and contact information:

Moakley building 2nd floor (Suite 2200)
830 Harrison Avenue
Boston, MA 02118

for Endoscopy scheduling:

617-414-2600, option 1

for Endoscopy nurse's station:

617-414-2420

GI doctor on nights/weekends:

617-638-7243

IMPORTANT INFORMATION

“3-2-1” Diet and prep instructions:

3 days before appointment:

- Begin a **low fiber diet** (see provided list)

2 days before:

- Review the **Medication Management Instructions** again

1 day before:

- Begin a **clear liquid diet only** (see examples below)
- @ 6 PM: **drink 1 bottle of Suprep mixed with cool water (fill container up to 16 ounce line)**
- Over the next hour, **drink 2 more containers of water (16 oz each)**

DAY of PROCEDURE

- **Early AM: Drink the 2nd Suprep bottle mixed with water, then 2 more containers of water (16 oz each)**
 - You must finish everything *at least 2 hours before* your appointment
- **You may continue to drink clear liquids *until 2 hours before* your appointment**
- **Arrive 1 hour before your procedure time**

Acceptable Clear Liquids:

Water, clear soda, sports drinks

Juice with *no pulp*, Jell-O, ice pops

Black coffee or tea with *no milk or cream*

Clear broth (with no fat/oil)