

Colonoscopy Preparation Using Suprep

When	What You Need To Do	Details
7 days before your procedure	Arrange for someone to drive you to your procedure and back home. Check which medications you may need to stop.	Call your doctor if you have questions about your medications.
3 days before	Stop eating high-fiber foods as of this morning.	High-fiber foods include wheat bran, fresh fruits, raw vegetables, and popcorn.
2 days before	Eat normally during the day, and avoid high-fiber foods.	Avoid drinks that are purple, red, or orange. This dinner will be your last solid food before the procedure.
1 day before	When you wake up, start drinking only clear liquids. Begin Prep Medication. Follow directions for measurements provided in the kit you receive. <i>See additional instructions below.</i> Keep drinking clear liquids until bedtime.	Coffee is a clear liquid but coffee with creamer is not. You may need to use the bathroom at night.
Day of Procedure	You may take your normal medications with a tiny sip of water. Call your doctor if you have questions. Please finish prep at least 3 hours before your arrival appointment.	

If you would like complete all of your prep the day before, you may. This may be better tolerated if you have the early morning start time.

Start prep around 10 a.m. (You have 1 hour to drink the necessary amount of fluid.) Allow 6 hours to pass before starting the second dose (around 4 p.m.) and repeat the steps.

The standard split prep involves drinking half the night before and half the morning of. Please follow these instructions.

Begin prep around 4 p.m. the evening before following the instructions provided in the kit. The next morning if your arrival appointment is for 8:30 a.m., you need to get up at 4:30 a.m. in order to finish the SuPrep by 5:30 a.m. (which is 3 hours before procedure).