



Southern Surgery Center

605 N. Westover Blvd
Albany, GA. 31707
229-434-4211

Suprep Colonoscopy Instructions

You will be on a clear liquid diet the whole day prior to your colonoscopy

Clear Liquids: Water, Juices without pulp (**NO orange juice**), sodas, Gatorade, broth soups, popsicles, Jello, black coffee, tea. **NO solid food, NO dairy products, NO nondairy creamer, NOTHING RED OR PURPLE.** Very important to drink extra amounts of water.

On The Day BEFORE your procedure,

Take your first dose of prep at **5PM**. Pour Contents of bottle 1 into the mixing container provided. Fill the mixing container with plain water to the fill line. Drink the entire amount.

Over the next hour drink 2 additional glasses of plain water.

Take your second dose of prep at **10PM**. Pour contents of bottle 2 in the mixing container provided. Fill the mixing container with plain water to the fill line. Drink the entire amount.

Over the next hour drink 2 additional glasses of plain water.

- ❖ You are strongly encouraged to drink plenty of clear liquids to remain hydrated until midnight. After midnight, you are not allowed to eat or drink. Failure to do so can interfere with your prep. Your procedure may even be canceled.
- ❖ If you are on any type of blood thinner, or aspirin therapy, please let our physician know. These medications may need to be stopped prior to your procedure.
- ❖ **PLEASE FOLLOW OUR GUIDELINES REGARDING PREP.**