

TOOMAS M. SORRA, M.D., P.C.  
SUPREP Preparation for Colonoscopy

- **Fill SUPREP Prescription at the pharmacy**
- **Five days before your exam, STOP taking preparations that contain IRON.**
- **If you are taking Aspirin, Plavix, Coumadin or other blood thinners, call our office for specific instructions.**
- **Two days before the exam, stop taking fiber, especially seeds, nuts and pulp.**
- **If diabetic, do not take your diabetes pills the day before and the day of the exam. If taking Insulin, use ½ (half) of the usual dosage the day before the exam and the day of the exam.**

**The day before the procedure:**

- **VERY IMPORTANT: Maintain a clear liquid diet the entire day-NO SOLID FOOD!**
- Drink plenty of fluids-water, Gatorade, carbonated beverages, apple juice, fruit juices without pulp, clear soup, Jell-O, tea, coffee, sugar or artificial sweetener, lemon. **NO MILK OR MILK PRODUCTS, NOTHING RED OR PURPLE IN COLOR.** Nothing should contain seeds, nuts, fiber, or pulp.
- **It is important that you drink plenty of liquids all day!**

**Beginning at 6 pm day before your colonoscopy, TAKE THE 1<sup>ST</sup> DOSE OF SUPREP:**

- **Step 1:** Pour one of the 6oz. Bottles of SUPREP liquid into the mixing cup. Add cool drinking water to the top line of the container. Mix to dissolve.
- **Step 2:** Drink all of the solution in the cup. You must then fill the cup up two more times with plain water and drink these over the next hour (16 ounces two times).

**On the day of the procedure:**

**Beginning at least 3 hours before leaving your house for your colonoscopy, TAKE THE 2<sup>nd</sup> DOSE OF SUPREP.**

- **Step 3:** Repeat **Step 1 and Step 2.**  
\*Stop all liquids 2 hours before the procedure.
- If you have any questions regarding these instructions, please call this office.
- **Special notice:** Persons are too often unprepared for colonoscopy, because they make a decision that the number of bowel movements from one dose is sufficient, and either do not take the second dose, or decide to take enemas instead. This is NOT acceptable.
- **The second dose on the day of colonoscopy is important in the cleaning process and must be taken.**
- Additional Instructions: