



**INSTRUCTIONS FOR COLONOSCOPY WITH SUPREP  
FOR PROCEDURES SCHEDULED 12:30 PM OR LATER  
WEBSITE: GASTROCNY.COM**

**THE DAY BEFORE YOUR PROCEDURE: CLEAR LIQUIDS ONLY ALL DAY (BREAKFAST, LUNCH, DINNER)!!!!  
PUSH LOTS OF FLUIDS!!! NO SOLID FOOD, NO MILK OR MILK PRODUCTS and NO RED OR PURPLE  
LIQUIDS.**

**CLEAR LIQUIDS INCLUDE:**

Strained fruit juices without PULP (apple, white grape, lemonade)  
Water, CLEAR broth or bouillon, coffee or tea (without milk or non-dairy creamer or powder)  
Gatorade, carbonated and non-carbonated soft drinks, Kool-Aid, seltzer, fruit flavored drinks  
Plain Jell-O (no added fruits or toppings), ice popsicles

**\*NOTHING COLORED RED OR PURPLE\***

**THE PREP HAS BEEN SENT TO YOUR PHARMACY AND/OR ALL NECESSARY ITEMS FOR YOUR PREP ARE  
OVER THE COUNTER:**

- (1) one Gas-X 125 mg Tablet (Simethicone)
- (4) four Dulcolax 5 mg Tables (**LAXATIVE**)
- (1) one Suprep colonoscopy prep kit

**THE DAY BEFORE YOUR PROCEDURE AT 1:00 PM**

take (4) four Dulcolax 5 mg tablets (LAXATIVE)

**THE DAY BEFORE YOUR PROCEDURE AT 8:00 PM**

Pour one 6 oz bottle of Suprep liquid into the mixing container  
Add cool drinking water to the 16 oz line on the container and mix  
Take (1) one 125 mg Gas-X tablet (Simethicone)  
Drink all liquid in the container  
You must drink two more 16 oz containers of water over the next hour

**THE MORNING OF YOUR PROCEDURE AT 6:00 AM**

Pour one 6 oz bottle of Suprep liquid into the mixing container  
Add cool drinking water to the 16 oz line on the container and mix  
Drink all liquid in the container  
You must drink two more 16 oz containers of water over the next hour

Bowel movements may continue for 1-2 hours after you have finished taking the prep. By this time the stool should be clear. **YOU MAY HAVE CLEAR LIQUIDS UNTIL 7:00 AM THE MORNING OF YOUR PROCEDURE. ABSOLUTELY NOTHING BY MOUTH AFTER 7:00 AM INCLUDING: CHEWING GUM, LOZENGES AND HARD CANDY UNLESS OTHERWISE DIRECTED BY YOUR PHYSICIAN.**