

COLONOSCOPY BOWEL PREP INSTRUCTIONS

Procedure Date: _____

Central Peninsula Hospital
River Tower, 2nd Floor, Suite 201
(907)714-5660

Following the instructions below will increase your surgeon's ability to see the entire inside of your colon well. Ultimately, you know your prep results have gone well when you see yellow to clear fluid exiting your body with little to no sediment.

A colonoscopy bowel prep will cause the body to lose a significant amount of fluid and can result in sickness due to dehydration. It's important that you prepare your body by drinking extra clear liquids before you begin your prep. Stay hydrated by drinking 8 large glasses of water daily beginning 3 days prior and after returning home from your colonoscopy procedure.

****The prescription for your prep kit will need to be picked up within 5 business days or it will be restocked by your pharmacy.****

3 DAYS PRIOR _____

Please eat a low residue diet for 3 days prior to your colonoscopy. NO vegetables, fruits, nuts, cheese, eggs, or meat for those 3 days.

You may have pasta, white rice, boiled white potatoes, white bread and as many clear liquids (broth, soda, clear juices, sports drinks, & water) as you desire. No fluids with pulp or sediment. You may have oil or butter but NO alfredo or tomato-based sauces.

2 DAYS PRIOR AT BEDTIME, _____ NIGHT

Take two (2) **Dulcolax** laxative tablets at bedtime (these are available over the counter).

NO SOLID FOOD AFTER MIDNIGHT

1 DAY PRIOR _____

Only clear liquids for 24 hours prior to the day of your procedure. You may have clear liquids up to 2 hours before your scheduled arrival time. The Endoscopy team will call you the business day before to give you your arrival time.

SUPREP Bowel Prep

THE EVENING BEFORE YOUR PROCEDURE

Between 3:00-5:00 PM

- Step 1: Follow the instructions on the package to prepare your solution. NEVER drink the prep solution without first mixing it in water.
- Step 2: Drink ALL the liquid in your mixed container.
- Step 3: You MUST drink two (2) more 16-ounce containers of water over the next 1 hour.

THE MORNING OF YOUR PROCEDURE 4 HOURS BEFORE ARRIVAL TIME

Repeat above Steps 1 through 3.

You may only have additional water after you complete your morning bowel prep as needed. For your safety, you must not have anything past your lips after the time given by the Endoscopy Team.

Any questions, please call the Surgical Associates office M-F from 8-4:30pm.

(907)-714-4130