

Gastroenterologist of Ocean County
10 SUPREP/DULCOLAX PREP INSTRUCTIONS

8 days before procedure	1 day before procedure	Day of Procedure	What to Expect with your Prep
Date	Date	Date	
<p><input type="checkbox"/> Stop any weekly injectable weight loss medications (ex- Ozempic, Wegovy, Zepbound)</p> <p><input type="checkbox"/> Start a low residue diet</p> <p>Buy preparation ingredients</p> <p><input type="checkbox"/> Bisacodyl (Dulcolax Tablets- laxative, NOT stool softener)</p> <p>The Suprep will be sent to your pharmacy by the doctor</p> <p>Arrange for a friend, family member or medical transport to drive you home after the colonoscopy.</p>	<p>No Marijuana No Alcohol</p> <p>Clear Liquid Diet ALL DAY</p> <p>Stay hydrated with at least 12 glasses of clear liquids throughout the day (in addition to what you drink with your bowel prep medication)</p> <p><input type="checkbox"/> 1pm Take 3 Dulcolax tablets. Drink the entire contents of the first 6oz Suprep bottle mixed with clear liquid to the 16 oz line over 30 minutes to 1 hour. Drink an additional 32oz of clear liquid over the next 1-2 hours.</p> <p><input type="checkbox"/> 5pm (for procedure times 8am to 11am) Drink the entire contents of the second 6oz Suprep bottle mixed with clear liquid to 16oz line over 30 minutes to 1 hour. Drink an additional 32oz of clear liquid over the next 1-2 hours.</p>	<p>No tobacco or marijuana use</p> <p>6 hours before procedure (for procedure times 11am or later).</p> <p><input type="checkbox"/> Drink the entire contents of the second 6oz Suprep bottle mixed with clear liquid to 16oz line over 30 minutes to 1 hour. Drink an additional 32oz of clear liquid over the next 1-2 hours.</p> <p>Clear liquids allowed up to 4 hours prior to arrival time</p> <p>Stop Clear Liquids at _____</p> <p>Arrival time _____</p> <p>After your procedure</p> <p>You should not drive a car, operate machinery, or make any legal decisions until the day after your procedure.</p> <p>You must have an adult accompany you home the day of your procedure. The staff must be able to contact whoever will accompany you.</p>	<p>You will develop significant diarrhea after drinking the preparation. Plan to be near a bathroom. This is normal as it means the medication is working to clear stool from your colon.</p> <p>Most people feel mild bloating and mild abdominal cramps. This is normal. Drinking the prep medication more slowly and over a longer period of time can help alleviate these symptoms.</p> <p>A successful colon prep will cause you to have clear yellow (“tea colored”) liquid stools.</p> <p>Please finish your preparation regardless of your stool color.</p>

FAILURE TO FOLLOW THESE INSTRUCTIONS MAY RESULT IN CANCELLATION OF YOUR PROCEDURE