



Texas Digestive Care

Colonoscopy Bowel Preparation Instructions

SUPREP[®]
BOWEL PREP KIT

IMPORTANT If the bowel is not clean when you arrive to the procedures unit, rather than giving you an incomplete and poor examination, your procedure will need to be rescheduled.



SCHEDULE your colonoscopy.

My procedure is scheduled for _____

My arrival time to the facility is set for: _____

Please call our office at **940-323-3440** to schedule your colonoscopy if it was not scheduled during your office visit.



LOCATION Your procedure will be at the following location:

Denton Surgery Center
2515 Scripture St
Denton, TX 76201
Phone: 940-383-7100

Denton Presbyterian Hospital
3000 N Interstate 35
Denton, TX 76201
Phone: 940-898-7000

Medical City Surgery Center
3316 Colorado Blvd
Denton, TX 76210
Phone: 940-349-5500



ARRANGE for a ride to and from your procedure.

- ★ You must have an adult bring you to and from your procedure. Uber/Lyft/Taxi **are not** an acceptable form of transit for your procedure.
- ★ You should not drive a car, operate machinery, or make any legal decisions on the day of your procedure.

PICK UP YOUR PREP MEDICATIONS FROM THE PHARMACY

Pick up your prescription for **SUPREP** and one 10 oz bottle of **MAGNESIUM CITRATE**.

- ★ Magnesium citrate is an over-the-counter laxative and you will need one 10 oz bottle as a part of the prep the day before your colonoscopy.

7 DAYS PRIOR to the procedure, **start a low-fiber diet**.

HIGH FIBER FOODS TO AVOID:



- ★ Whole grain breads, cereals, granola
- ★ Nuts, seeds, raw/dried vegetables or fruit
- ★ Fiber supplements
- ★ Pepper, beans, corn/popcorn

FOODS YOU MAY EAT INCLUDE:

- ★ Cream of wheat/grits, white rice, and refined pastas/noodles
- ★ Cooked fresh/canned vegetables as well as fruits/vegetables that have no seeds, including asparagus, beets, carrots, mushrooms, green beans, and potatoes without skin; bananas, cantaloupe and avocado
- ★ Chicken, fish, beef, pork, tofu, eggs

THE DAY BEFORE the colonoscopy,

→ begin a **CLEAR LIQUID DIET**. **No solid foods today.** You may continue to drink clear liquids up until 2 hours before you arrive at the facility.



CLEAR LIQUID DIET includes:

- Water, mineral water
- Clear fruit juices without pulp (apple, white grape, white cranberry, lemonade, etc.)
- Clear carbonated and non-carbonated soft drinks or sports drinks
- Chicken, vegetable and beef broth
- Popsicles or gelatin (such as Jell-O)
- Coffee or tea (without milk or cream)

AT NOON drink one 10 oz bottle of **MAGNESIUM CITRATE**.

AT 6:00 PM Begin the first dose of the Suprep by following the instructions below.

DOSE 2 : Start the second dose of Suprep **5 HOURS before your arrival time.**

2 HOURS PRIOR TO PROCEDURE, **ABSOLUTE FASTING** is required. Nothing by mouth during this time.

When to Take SUPREP® BOWEL PREP KIT

SUPREP Bowel Prep Kit is taken as a split-dose (2-day) regimen. You take the first 6-ounce bottle of SUPREP the evening before your colonoscopy and the second 6-ounce bottle of SUPREP the morning of your colonoscopy, or as otherwise directed by your physician. It is important to drink the additional water as recommended in the [Instructions for Use](#).

How to Take SUPREP® BOWEL PREP KIT

- **In the evening before your procedure:** complete steps 1 through 4 using one (1) 6-ounce bottle before going to bed
- **In the morning on the day of your procedure,** repeat steps 1 through 4 using the other 6-ounce bottle



Step 1

Pour **ONE** (1) 6-ounce bottle of SUPREP liquid into the mixing container.



Step 2

Add cool drinking water to the 16-ounce line on the container and mix.

Note: Be sure to dilute SUPREP as shown before you drink it.



Step 3

Drink **ALL** the liquid in the container.



Step 4

You **must** drink two (2) more 16-ounce containers of water over the next 1 hour.

Note: You **must** finish drinking the final glass of water at least 2 hours, or as directed, before your procedure.