

Suprep Two Day Timeline

Immediately after Receiving Information	Purchase Supplies Needed	1. Suprep 2. Dulcolax tablets - two tablets 3. Magnesium Citrate - 1 BOTTLE
7 days before colonoscopy	Stop taking aspirin (if not prescribed by a physician) and iron supplements	
2 days before colonoscopy	START LOW RESIDUE DIET	DRINK PLENTY OF FLUIDS
One day before colonoscopy	ALL DAY	Drink one 8 oz glass of liquid every hour
One day before colonoscopy	Continue low residue diet	For breakfast and lunch
One day before colonoscopy	1:00 PM	Take two Dulcolax tablets
One day before colonoscopy	2:00 – 4:00 pm	Begin clear liquid diet
One day before colonoscopy	4:00 – 6:00 pm	Do not eat or drink anything
One day before colonoscopy	6:00 pm	Drink 1 st dose of Suprep
		**Pour ONE (1) 6 ounce bottle of SUPREP liquid into the mixing container. Add cool drinking water to the 16-ounce line on the container and mix.
		Drink ½ of the liquid in the container Wait 15 minutes then drink the rest of the liquid in the container
	½ hour after taking Suprep	Drink 4 glasses of clear liquids
	Until bedtime	Drink as much liquid as possible to keep you hydrated
Day of colonoscopy	Do not have anything to eat or drink 2 hours before starting your prep	
Day of colonoscopy	4 hours before colonoscopy arrival time	**Take second dose of prep same as first dose
	If your stools are not clear after taking the entire prep and you cannot see the bottom of the toilet	<ul style="list-style-type: none"> • Drink the bottle of Magnesium Citrate (do not take if you have kidney disease) • If you have kidney disease take 2 Dulcolax tablets instead