

Suprep Same 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	6:00 PM	Take two Dulcolax tablets
One day before colonoscopy	Dinner	Eat only FULL AND CLEAR liquid DINNER
One day before colonoscopy	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	5:00 am	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 drinking Suprep	Drink 4 glasses of clear liquids
Day of colonoscopy	4 hours before colonoscopy arrival time	**Take second dose of prep same as first dose
Day of colonoscopy	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