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SUPREP INSTRUCTIONS

GOAL: To remove all stool from the colon. This allows visualization of the entire colonic mucosa. This also makes the procedure easier to tolerate.

DAY BEFORE THE TEST

1. CLEAR LIQUID DIET ALL DAY starting when you wake up. NO SOLID FOOD. (Examples: Tea, coffee (black), clear juices, clear soda, chicken and/or beef broth, Jell-O and popsicles. NOTHING RED OR PURPLE IN COLOR.)
2. Take your medications as you normally do. If you are on insulin or blood thinners, please advise the nurse.
3. _____ : STEP 1: POUR ONE (1) 6-ounce bottle of SUPREP liquid into the mixing container. STEP 2: Add cool drinking liquid (Sprite Zero) to the 16-ounce line on the container and mix well. 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.
4. _____ : Step 1. Pour ONE (1) 6-ounce bottle of SUPREP liquid into the mixing container. STEP 2: Add cool drinking liquid (Sprite Zero) to the 16-ounce line on the container and mix well. 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.
5. NOTHING TO EAT OR DRINK AFTER _____ !!

DAY OF THE TEST

1. If you normally take blood pressure or heart medicine in the morning take them with only a small sip of water.
2. MAKE SURE YOU HAVE SOMEONE TO DRIVE YOU HOME!