MASON CITY SURGERY CENTER

SUPREP INSTRUCTION CHECKLIST:
(DO NOT USE THIS PREP IF YOU HAVE KIDNEY PROBLEMS)

DAY PRIOR TO YOUR PROCEDURE:

- No solid food all day. Clear liquids per Colonoscopy instructions.
- Obtain Suprep from your pharmacy if you have not already done so.

EVENING PRIOR TO YOUR PROCEDURE: (first half of prep) 6:00 pm

- Pour one bottle of SUPREP into the mixing container.
- Add cool water to the 16 ounce line on the container and stir.
- Drink all of the liquid in the container.
- **Within the next hour:**
  - Fill the container with water (16 ounces) and drink.
  - **Repeat!** Fill the container again with water (16 ounces) and drink.
- Continue drinking clear liquids while awake through the night.
- Walk as much as possible during the preparation, as this enhances the preparation results.

THE MORNING OF YOUR PROCEDURE: (second half of prep)

During the PreAdmission phone call, your nurse will give you the time to begin the second half of your prep (which is typically 6 hours prior to your scheduled procedure):

- Pour the 2nd bottle of SUPREP into the mixing container
- Add cool water to the 16 ounce line on the container and stir.
- Drink all of the liquid in the container.
- Within the next hour:
  - Fill the container with water (16 ounces) and drink.
  - **Repeat.** Fill the container again with water (16 ounces) and drink.
- Continue drinking clear liquids **until the time you were told to have nothing by mouth.** Please, no coffee the morning of your procedure
- Walk as much as possible during the preparation, as this enhances the preparation results.

If you are unable to drink the entire prep or if you are still having bowel movements that are not clear/yellow, please call the Mason City Surgery Center **(494-2000)** and ask to speak to a PreOperative nurse. If able, we may have you arrive earlier than your scheduled time to drink additional prep to further clear the colon so the procedure does not have to be cancelled.