

## 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.

# 1 DAY PRIOR

 to your procedure, you should also **TAKE THE COLON PREP MEDICATION.**

Please follow the instructions on your prescription.

1

### MEDICATION. Please follow the instructions on your prescription.

- The kit comes with two, 6 oz. bottles of medication and a 16 oz. drinking cup.

2

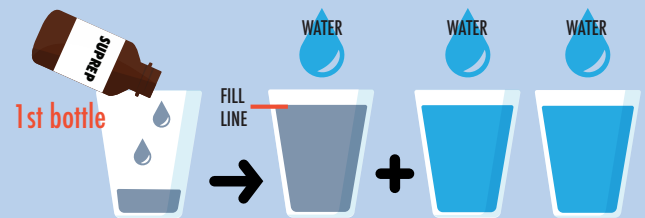
### PREPARING YOUR BOWEL PREPARATION

- Pour one, 6 fl oz. bottle of SUPREP liquid into the supplied 16 oz. drinking cup, add cool drinking water to the FILL line on the cup, and mix carefully.

3

### DRINKING YOUR BOWEL PREPARATION

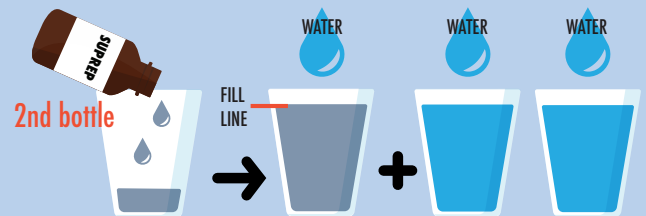
- Date:** \_\_\_\_\_, **drink at 12 p.m.**
- Drink only 8 oz. of the **first** diluted bottle as prepared above. Wait 20 minutes and then drink the **remaining** 8 oz. - followed by at least 2 more 16 oz. containers of water or clear liquids over the next hour.



4

### DRINKING YOUR BOWEL PREPARATION

- Date:** \_\_\_\_\_, **drink at 6 p.m.**
- Drink only 8 oz. of the **second** diluted bottle as prepared above, followed by at least 2 additional 16 oz. containers of water or clear liquids over the next hour.



5

### DRINKING YOUR BOWEL PREPARATION

- Date:** \_\_\_\_\_ **drink at** \_\_\_\_\_.
- Drink the **remaining** 8 oz. of SUPREP solution, followed by 1 additional 16 oz. container of water (only) over the next hour.

## WHAT TO EXPECT

- You will develop significant diarrhea after drinking the preparation. Plan to be near a bathroom. This is normal as it means the medication is working to clear stool from your colon.
- Most people feel mild bloating and mild abdominal cramps. This is normal. Drinking the prep medication more slowly and over a longer period of time can help alleviate these symptoms.
- A successful colon prep will cause you to have clear yellow ("tea-colored") liquid stools.
- Please finish your preparation regardless of your stool color.

You may have clear liquids the morning of the procedure up until \_\_\_\_\_, then nothing by mouth.



[www.mercycare.org/GI](http://www.mercycare.org/GI)

Phone Number: (319) 369-4542

Nurses are available 24 hours a day, seven days a week.