



**PACT**  
Physicians Alliance  
of Connecticut

**PACT Gastroenterology Center**  
Hamden • Milford • Guilford

**Hartford  
HealthCare**



## How to prepare for your Colonoscopy with an extended bowel preparation with Suprep

**Follow only these instructions (disregard the instructions that come with the kit). Please read over these instructions carefully as soon as you receive them.**

**Remember, your appointment could be rescheduled or cancelled if:**

- **You do not finish your prep or appropriately follow the prep instructions below.**
- **You consume any food or drink within 3 hours of your arrival time.**
- **You do not arrive for your appointment on time.**
- **You do not have a ride home.** Medications will be given to you at the time of your colonoscopy that will impair your judgment and reflexes. You will not be able to drive yourself, and you will only be able to use a taxi or bus service if you have a responsible adult age 18 year or older to accompany you.
- **You have a change in your health insurance coverage.** Your new plan may require us to obtain authorization before performing your colonoscopy, a process that can take some time. Please notify us of any changes to your insurance immediately.

### **One week** before your colonoscopy...

1. **Purchase a 238g bottle of Miralax. Mix one capful of Miralax in 8 ounces of water and drink daily for 7 days prior to your colonoscopy.**
2. **Fill your prescription for Suprep if you have not already.** If your pharmacy does not contact you regarding this prescription, please call them to verify if/when it is ready of pickup. If no prescription was received, is not covered by your insurer, or is too costly, please call (203) 281-4463, ext. 5152 to speak with our prescription line.
3. **Purchase items for the clear liquid diet:**
  - Clear broth or bouillon
  - Soda, Gatorade (yellow or clear) or clear fruit juice (apple, white grape, lemonade)
  - Popsicles (no purple, red, or orange) or italian ice (lemon or lime)
  - Jell-O (no purple, red, or orange)
  - Coffee or Tea (no milk, cream, or dairy).
4. **Arrange for transportation to and from your colonoscopy.** You will not be allowed to drive yourself. You may not use a taxi or bus service unless you have a responsible adult 18 years or older to accompany you.
5. **Please refer to the instructions provided by the office regarding preprocedure medication changes. If you have any questions, please contact the office.**
6. Stop taking iron supplements (multivitamins containing iron are OK).
7. ☐ **Must purchase a bottle of Infant's Mylicon (Only if box is checked)**

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**Two days before your colonoscopy...**

1. **Eat a low fiber breakfast and lunch, consuming before noon.** Try to stick to easily digested foods such as:
  - White bread
  - White rice
  - Eggs
  - Dairy
  - Chicken
  - Fish
2. **At noon,** begin the clear liquid diet:
  - No solid food until after your procedure
  - Water
  - Clear broth or bouillon
  - Soda, Gatorade (yellow or clear) or clear fruit juice (apple, white grape, lemonade)
  - Popsicles (no purple, red, or orange) or italian ice (lemon or lime)
  - Jell-O (no purple, red, or orange)
  - Coffee or Tea (no milk, cream, or dairy).
  - There is no limit to the amount of clear liquids you drink during the day.
3. **At 5pm in the afternoon**
  - Mix the remaining Miralax powder in 2 liters of clear liquid of your choice
  - Drink 6-8 ounces every 10-15 minutes until the solution is finished.

**One day before your colonoscopy...**

1. **Upon waking up,** continue the clear liquid diet:
  - No solid food until after your procedure
  - Water
  - Clear broth or bouillon
  - Soda, Gatorade (yellow or clear) or clear fruit juice (apple, white grape, lemonade)
  - Popsicles (no purple, red, or orange) or italian ice (lemon or lime)
  - Jell-O (no purple, red, or orange)
  - Coffee or Tea (no milk, cream, or dairy).
  - There is no limit to the amount of clear liquids you drink during the day.
2. **At 3pm in the afternoon**
  - Take the provided mixing container and add one 6-ounce bottle of SUPREP and 10-ounces of water until the level reaches the 16-ounce fill line.
  - Consume the entire 16-ounces of water-SUPREP mixture
  - Drink 32 ounces of water over the next 1 hour.
  - ☐ Add 6ml Infant's Mylicon to the last 16oz of water (Only if box is checked)

**On the day of your colonoscopy...**

1. **No solid food until after your procedure**
2. **4 hours prior to your arrival time:**
  - Take the provided mixing container and add one 6-ounce bottle of SUPREP and 10-ounces of water until the level reaches the 16-ounce fill line.
  - Consume the entire 16-ounces of water-SUPREP mixture
  - Drink 32 ounces of water over the next 1 hour.
  - ☐ Add 6ml Infant's Mylicon to the last 16oz of water (Only if box is checked)
3. **3 hours prior to your arrival time stop consuming anything by mouth (liquids or solids).**
4. Make sure to arrive on time for your appointment.