

**COLONOSCOPY PREP INSTRUCTIONS USING SUPREP**  
**(IF YOUR PROCEDURE IS BEFORE 12:00 NOON)**

Several days prior to your procedure fill your prescription for SUPREP at your pharmacy. Please follow these instructions carefully in order to ensure a good prep for your procedure.

**For 3 DAYS PRIOR TO COLONOSCOPY:**

Avoid eating corn, seeds, popcorn, nuts & pits.  
STOP any IRON supplements & FISH OIL medication.

**1 DAY PRIOR TO YOUR PROCEDURE:**

Drink only 'clear liquids' for breakfast, lunch and dinner. No solid foods or dairy products are allowed for the entire day. It is VERY important to follow these instructions to ensure an effective prep. (Please DO NOT follow the instructions that are inside the SUPREP box.)

**\*THIS PREP IS A SPLIT DOSE REGIMEN – 2 SEPARATE DOSES\***

**At 6:00 PM:**

- Pour one 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 ALL the liquid in the container.
- You MUST drink two (2) more 16 ounce containers of water over the next 1 hour.

**\*YOU MAY DRINK CLEAR LIQUIDS AFTER YOUR SECOND GLASS OF WATER\***

**Day of Procedure**

- Five (5) hours before you plan to leave for the endoscopy center, start to take the second half of your prep. For example, if you plan to leave at 9:00AM the second half should be taken between 4:00AM and 5:00 AM. You must finish it four (4) hours prior to your procedure.

(However, if it is too difficult for you to complete this stage in the night, then consume between 10:00PM and Midnight, or as late as possible.)

- Pour one 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 ALL the liquid in the container.
- You MUST drink two (2) more 16 ounce containers of water over the next 1 hour.

<p><b><u>'Clear Liquids' Include:</u></b></p> <p>Strained Fruit Juices (No pulp) e.g. Apple, White Grape, Lemonade  Water  Clear Broth or Bouillon  Coffee or Tea (No Milk or Non-Dairy Creamer)  All of the following that are NOT colored RED or PURPLE:  Gatorade or Powerade  Carbonated and Non-Carbonated Soft Drinks  Kool-Aid or Other Fruit-Flavored Drinks  Plain Jell-O, Ice Popsicles</p>	<p><b><u>NOT Clear liquids:</u></b></p> <p>Milk  Juice with pulp  Alcohol  Anything you can't see through.</p>
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**Nothing to eat or drink for 4 hours before your procedure. This includes hard candy, chewing gum, water, your prep, etc. Eating or drinking may result in cancellation or delay of your procedure.**

**TIPS:**

- You will need to stay near a toilet during your prep, you will have diarrhea.
- If you experience nausea with the prep, give yourself a short break and then continue drinking the prep solution.