

SUPREP Colon Prep: (Do Not Follow the Instructions on the Box)

Diet Information

- The day before your colonoscopy you will be on a **clear liquid diet only**, for the entire day.
- The 2nd dose of the bowel prep must be finished by 4 AM. Two hours before your arrival time, you must not eat or drink anything and remain NPO (nothing by mouth) until after your procedure.

Suprep Instructions: Completed the Day before the Procedure

Step 1:

At **5:00 PM** the evening before your colonoscopy

1. Pour one, 6 oz. bottle of SuPrep into the mixing container provided.
2. Add cool water to fill the line and mix.
3. Slowly sip the container over a 60 minute period.
4. Follow this dose by drinking at least **TWO** 16 ounce cups of clear liquids, in the cup provided. Drink this within the next 2 hours.

* After you finish Step 1, it can be helpful to take 2 chewable Simethicone (e.g. GasX). This helps alleviate the bloating sensation you might experience with the bowel prep.

Step 2:

At **3:00 AM** the morning of colonoscopy:

Repeat the same process with the 2nd bottle:

1. Pour one, 6 oz. bottle of SuPrep into the mixing container provided.
2. Add cool water to fill the line and mix.
3. Slowly sip the container over a 60 minute period.
4. Follow this dose by drinking at least **TWO** 16 ounce cups of clear liquids, in the cup provided. Drink this within the next 2 hours.

* After you finish Step 2, it can be helpful to take 2 chewable Simethicone (e.g. GasX). This helps alleviate the bloating sensation you might experience with the bowel prep.

*****Nothing by mouth (NPO) two hours before your procedure. This is important to reduce the risk of aspiration with sedation.**