



COLON, STOMACH & LIVER CENTER, LLC | LOUDOUN ENDOSCOPY GROUP

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

Diet Information

From midnight the day before your procedure until midnight the day of your procedure (the night before your procedure) you will be on a clear liquid diet only, no solid foods (the entire 24 hour day before your procedure). After midnight on the day of (the night before your procedure) you will remain NPO (nothing by mouth) until after your scheduled procedure.

Prep Instructions: Completed the Day before the Procedure

STEP 1: At 4:00 PM one (1) day before your procedure.

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. After finishing the prep solution, drink an additional 40 oz. of water. You have a 4 hour window to drink the water.

STEP 2:

At 8:00 PM one (1) day before your procedure, begin drinking the 2nd half of the solution.

1. Pour the second 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. After finishing the prep solution, drink an additional 40 oz. of water. You have until midnight to drink the water

Additional Information

You must drink the entire prep for the best results. Drinking plenty of water will also help. You can continue to drink clear liquids up until midnight.

After midnight, do not eat or drink until after your procedure.

Clear liquids are transparent. Avoid liquids with a red dye. For additional information, including types of diets, please visit www.loudounslcenter.com

If you are having an emergency or do not start having bowel movements, 2 hours after step 2, call (703) 723-3670 to reach the on-call provider.

The day of your procedure:

Do NOT eat anything the day of your procedure. Do NOT drink anything after 12 AM the day of your procedure. If you do, there is a risk of aspiration with the sedation. Therefore, your procedure may be cancelled or delayed. You may resume a normal diet after the procedure.

For additional information, please visit our website, www.loudounslcenter.com.