

SUPREP BOWEL PREP INSTRUCTIONS

3 DAYS BEFORE YOUR COLONOSCOPY:

- Eat a Low Fiber Diet
- Avoid raw fruits, raw vegetables and grains (especially whole wheat, seeds or nuts) for 3 days before the procedure.
- Hydration is crucial- you should drink 72 ounces of water every day, the 3 days leading up to your procedure.

1 DAY BEFORE YOUR COLONOSCOPY:

- Enjoy a light breakfast, such as cereal, eggs (but without seeds, raw fruits, raw vegetables or whole grains).
- After your breakfast meal – **NO SOLID FOODS** until AFTER your Colonoscopy.
- **YOU MAY HAVE CLEAR LIQUIDS ONLY UP TO Four (4) HOURS BEFORE YOUR PROCEDURE.**
- Refer to the **Clear Liquids Diet Option List.**
- No GUM, CANDY, MINTS, LOZENGES or CHEWING TOBACCO.

Anytime between 12 – 6PM: Begin following steps 1 through 4

Step 1: Pour ONE (1) 6 ounce bottle of SUPREP™ liquid into the mixing container.

Step 2: Add cool (cold) drinking water to the 16 ounce line on the container and mix.

Step 3: Begin Drinking ALL the liquid in the container.

Step 4: You **MUST** drink two (2) more 16 ounce containers of water over the next hour.

Repeat steps 1 through 4 as above using the other six (6) ounce bottle of SUPREP. 5-6 hrs prior to procedure.

- You **MUST** finish drinking the final glass of prep at least Four (4) hours before your procedure.
- Four (4) hours before your procedure – **NOTHING BY MOUTH (NO FOOD / NO DRINK)**

CLEAR LIQUID DIET OPTIONS

- ✓ Water, Coconut Water, Vitamin Water (Clear)
- ✓ Clear Broth, Bouillon (chicken or beef) – NO Noodles or Solids in Soup
- ✓ One cup of BLACK coffee – NO DAIRY, NO POWDERED OR LIQUID CREAMERS
- ✓ Tea (green or white) – NO DAIRY, NO POWDERED OR LIQUID CREAMERS
- ✓ Clear Fruit Juices (NO PULP) – such as Apple, White Grape Juice, White Cranberry Juice
- ✓ Carbonated Beverages – CLEAR ONLY (Ginger Ale, Sprite 7 Up), NO DARK COLORED
- ✓ Gatorade, Propel, Pedialyte or other CLEAR electrolyte drink - NO BLUE, ORANGE, RED OR PURPLE
- ✓ Popsicles without milk or added fruit - NO BLUE, ORANGE, RED OR PURPLE
- ✓ Jell-O - NO BLUE, ORANGE, RED OR PURPLE
- ✓ NO ALCOHOL