



INSTRUCTIONS FOR COLONOSCOPY WITH SUPREP

Day before examination:

Drink only "**clear liquids**" for **breakfast, lunch, and dinner**. (Solid foods, milk, or milk products are NOT allowed.)

Clear liquids include:

- 1 strained fruit juices without pulp (apple, white grape juice or lemonade)
- 2 water
- 3 clear broth or bullion
coffee or tea (without milk or non-dairy creamer)

All of the following that are **NOT colored red or purple**:

- 4 Gatorade, carbonated and non-carbonated soft drinks, Kool-Aid, or other fruit flavored drinks
 - 5 drinks
 - 6 plain Jello (without added fruits or toppings)
- Ice popcicles

FIRST DOSE: Begin Step 1 at **4:00 PM** the afternoon before your procedure and proceed as shown below:

SECOND DOSE: Begin Step 1 at **10:00 PM** the evening before your procedure and proceed as shown above:



Pour ONE (1) six (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 Liquid in the container



You must drink two (2) more 16 ounce containers of water over the next hour

NOTE -Individual responses to laxatives do vary: this prep may cause multiple bowel movements. It often works within 30 minutes, but may take as long as three hours.

You may have clear liquids up until midnight. **Absolutely nothing to eat or drink after midnight** unless otherwise directed.

YOU MUST AVOID IRON FOR ONE WEEK PRIOR TO THE EXAM!!!