

# Instructions for Colonoscopy Preparation with SUPREP®

## FOLLOW THESE INSTRUCTIONS FOR YOUR PREPARATION

Failure to take the prep as indicated below will result in a poorly cleansed colon and **cancellation** of the procedure. Please follow these directions provided in the Colonoscopy Brochure, not the prep itself. This is for your **safety** and to eliminate the possibility of having to repeat this procedure.

### What You will Need to Successfully Complete this Prep:

- Please pick up your SUPREP® filled at prescription at your pharmacy within 5 days.
- Purchase any of the **Clear Liquid Suggestions**.

### THE DAY BEFORE YOUR PROCEDURE:

- Eat a soft, light diet until 10:00am (Eggs, plain oatmeal, pudding, soups, applesauce)
- Drink only **clear** liquids after 10:00am: **Solid Foods, milk, or milk products are NOT ALLOWED.**
- Stay hydrated. The more you drink, the better you'll feel, and you will be more likely to have a good prep so the doctor can complete the procedure.

### THE EVENING BEFORE YOUR PROCEDURE: Beginning at \_\_\_\_\_

- 1:** Pour ONE (1) 6-ounce bottle of SUPREP® liquid into the mixing container.
- 2:** Add cool drinking water to the 16-ounce line on the container and mix. Be sure to dilute SUPREP® before you drink it.
- 3:** Drink ALL the liquid in the container.
- 4:** You must drink **at least** two (2) more 16-ounce containers of water over the next 1 hour. Remain close to toilet facilities as you will experience yellow/watery diarrhea.

### THE DAY OF YOUR PROCEDURE:

- Continue a clear liquid diet, **no solid food, milk or milk products.**
- On the morning of your procedure, 5 hours before your arrival time repeat steps 1 through 4 using the other 6-ounce bottle.
- **DO NOT DRINK ANYTHING FOUR (4) HOURS BEFORE YOUR ARRIVAL TIME!**

Special Instructions: \_\_\_\_\_

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