

FOLLOW THESE INSTRUCTIONS – NOT THOSE ON THE BOX YOU RECEIVE FROM THE PHARMACY!

Items to Purchase

Suprep (prescription)

3 Days Before Procedure

- ✓ Eat a well-balanced diet. Avoid whole grain foods, nuts, seeds, popcorn, raw or dried fruits and vegetables, and salads.

Day Before Procedure Beginning at 12:01am

- ✓ For the entire day before your procedure, you should have **NO SOLID FOOD**. You should begin a clear liquid diet.
 - Clear liquids may include water, soft drinks, coffee or tea without cream, popsicles, broth/bouillon, Jell-O, non-pulpy juice, etc.
 - **DO NOT** consume anything red in color **OR** dairy products.
- ✓ At **4:00pm**, complete steps 1 through 4 using **only one** of the 6-ounce bottles.

Pour one 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** the liquid in the container.



You **MUST** drink two more 16-ounce containers of water over the next hour.



Day of Procedure

- ✓ Continue a clear liquid diet.
- ✓ **6 hours prior to arrival time:** Repeat steps 1-4 (shown above) using the other 6-ounce bottle of Suprep liquid.
- ✓ **4 hours prior to arrival time:** Take any necessary medications. You must be finished with your final glass of water.

ABSOLUTELY NOTHING ELSE BY MOUTH AFTER THIS TIME!