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**COLONOSCOPY PREPARATION: SUPREP BOWEL PREP KIT**

**\*\*\* FOLLOW THESE INSTRUCTIONS. DISREGARD THE MANUFACTURER'S INSTRUCTIONS \*\*\***

**This is our preferred preparation. If you cannot afford this then please follow the instructions on the reverse side.**

Day before the colonoscopy, DO NOT EAT ANY TYPE OF SOLID FOOD. FOLLOW A CLEAR LIQUID DIET ONLY.

Clear liquid diet includes: Fruit juices without pulp (no orange or tomato juice), Gatorade, soft drinks, broth or bouillon, Jell-o, ice popsicles, black coffee or tea, water and Italian ice.

NO MILK OR MILK PRODUCTS. No nuts or seeds. NOTHING COLORED RED OR PURPLE.

Day before colonoscopy, at 5:00 PM, take the first dose of SUPREP.

Pour one (1) 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 of the liquid in the container.

You MUST drink two (2) more 16-ounce containers of water over the next (1) hour.

Continue to drink more clear liquids.

Day of colonoscopy, FIVE (5) HOURS BEFORE YOUR PROCEDURE TIME, take the 2<sup>ND</sup> dose of SUPREP.

Pour one (1) 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 of the liquid in the container.

You MUST drink two (2) more 16-ounce containers of water over the next (1) hour.

**DO NOT EAT OR DRINK ANYTHING AFTER COMPLETION OF THE SECOND DOSE.**

**YOU MUST BE DONE DRINKING FOUR (4) HOURS PRIOR TO YOUR PROCEDURE.**

Your doctor has recommended split-dose SUPREP

(Six 6-ounce bottles are required for complete prep)

**Split-Dose (2 Dose) Prep**

• On the evening before procedure (or when your doctor tells you to begin) complete steps 1 through 4 using one (1) 6-ounce bottle before going to bed

• On the morning of your procedure, repeat steps 1 through 4 using the other 6-ounce bottle



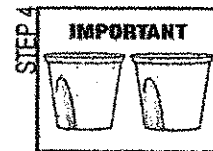
STEP 1  
Pour ONE (1) 6-ounce bottle of SUPREP liquid into the mixing container.



STEP 2  
Add cool drinking water to the 16-ounce line on the container and mix.



STEP 3  
Drink ALL the liquid in the container.



STEP 4  
**IMPORTANT**  
You must drink two (2) more 16-ounce containers of water over the next 1 hour.