

How to Prepare for your Colonoscopy

On the day *before* your procedure...

You may have a light breakfast or have clear liquids ONLY; please have nothing for dinner.

DO NOT drink milk

DO NOT eat or drink anything colored red or purple

DO NOT drink alcoholic beverages

Any of the following liquids are OK to drink

Water

Strained fruit juices (without pulp) including apple, orange, white grape, or wh
Limeade or lemonade

Coffee or tea. DO NOT use any dairy or non-dairy creamer

Chicken broth

Gelatin desserts without added fruit or toppings (NO RED OR PURPLE)

When to take SUPREP BOWEL PREP KIT

SUPREP Bowel Prep Kit is taken as a split dose (2-day) regimen. You take the first 6-ounce bottle of SUPREP the evening before your colonoscopy and the second 6-ounce bottle of SUPREP the morning of your colonoscopy. It is important to drink the additional water as recommended in the Instructions for Use. Both 6-ounce bottles are required for a complete prep. Your doctor will tell you when it is time to begin to take each dose.

How to take SUPREP BOWEL PREP KIT

On the evening before your 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

Both 6-ounce bottles are required for a complete preparation.

IT IS IMPORTANT TO FOLLOW ALL THE STEPS BELOW COMPLETELY.

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.

NOTE: Be sure to dilute SUPREP as shown at left before you drink it.

Step 3:

Drink **ALL** the liquid in the container.

Step 4:

You **must** drink two (2) more 16-ounce containers of water over the next 1 ho

NOTE: You **must** finish drinking the final glass of water at least 2 hours, or as
before your procedure.