

# Suprep Prep Instructions

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**PICK UP WITHIN THE NEXT 7 DAYS AT YOUR PHARMACY**

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## **3 DAYS PRIOR TO PROCEDURE**

No raw vegetables, salads, fruits, seeds, nuts, or corn.

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## **1 DAY BEFORE YOUR PROCEDURE**

**When you wake up. Begin clear liquid diet from this point on. No solid foods.**

**6 to 7 p.m.** Pour one (1) bottle of suprep into the container that is provided and fill with water.  
Drink all the liquid in the container.  
You must drink two more containers of water over the next hour.  
**Continue to drink clear liquids rest of the night.**

**If your procedure is before 1 p.m., take your last dose at:**

**11 p.m. to 12 a.m.** Pour 1 (one) bottle of Suprep into the container that is provided and fill with water.  
Drink all the liquid in the container.  
You must drink two more containers of water over the next hour.

You are to **have nothing else by mouth**, (except for approved medication with small sip of water).

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## **DAY OF PROCEDURE**

**If your procedure is after 1 p.m., take your last dose at:**

**5 to 6 a.m.** Pour 1 (one) bottle of Suprep into the container that is provided and fill with water.  
Drink all the liquid in the container.  
You must drink two more containers of water over the next hour.

You are to **have nothing else by mouth after 6 a.m.**, (except for approved medication with small sip of water).

You are **not to have** things like water, gum, candy, mints, cough drops, chewing tobacco, Jell-O, or broth **after second dose is completed.**

# Suprep Prep Instructions continued

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## **CLEAR LIQUID OPTIONS (AVOID ANYTHING RED OR PURPLE)**

- Apple juice
- Clear chicken or beef broth
- Clear fruit drinks without pulp
- Coffee/Tea (without dairy or non-dairy creamer)
- Gatorade
- Jell-O without fruit
- Popsicles
- Soft drinks
- Water
- White grape juice

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## **NO ALCOHOLIC BEVERAGES DURING PREP**

The success of your colonoscopy depends on full completion of your prep.  
A successful prep means your bowel movements should be clear or yellow.