\*\*\* YOU WILL NEED TO OBTAIN**: SuPrep (Prescription)**

**7 days before procedure:**

* Stop taking any fiber supplements
* Stop eating a high fiber diet such as…
* **No** raw fruit or vegetables, **(COOKED VEGETABLES are okay, recommend NO Corn) (NO Salads!) No** whole wheat or multigrain food, **No** nuts or popcorn, no bran or bulk agents, **Also** avoid Poppy seeds and Sesame seeds. **No** Oatmeal!
* **PLEASE NOTE… If the food is not on this list, YOU CAN EAT IT! The diet is for your benefit, to help clean your colon out for the procedure.**

---------------------------------------------------------------------------------------------------------------------

**The day prior to your procedure: CLEAR LIQUIDS ONLY ALL DAY**

**\*\*Start clear liquid diet when you wake up in the morning. No solid foods. \*\***

**Solid foods, milk or milk products, pulp, or red, purple, or orange coloring are NOT allowed the day before your procedure.**

**Clear liquid diet:** This include such items as strained fruit juices (without pulp) apple, white grape & lemonade, water, clear broth, bouillon, coffee and tea without milk or creamer of any kind, sports drinks (Gatorade, PowerAde, Propel), carbonated and non-carbonated soft drinks, Kool-aid or other fruit flavored drinks, plain jello (no fruit toppings) and ice popsicles (blue, yellow, green or clear colors are okay).

No Alcohol.

\*\***AVOID all Red, Purple or Orange liquids, jello or popsicles**\*\*

**At 3:00 pm**, pour the contents of one bottle of SUPREP into the mixing container provided. Fill the container with water to the 16 oz fill line. DRINK THE ENTIRE AMOUNT. Drink AT LEAST TWO additional containers of water filled to the 16oz line over the next hour.

**At 9:00 pm**, pour the contents of the second bottle of SUPREP into the mixing container. Fill the container with water to the 16 oz fill line. DRINK THE ENTIRE AMOUNT. Drink AT LEAST TWO additional containers of water filled to the 16oz line over the next hour.

**To prevent dehydration, make a conscious effort to drink as much clear liquids as you can before, during and after the preparation until midnight.** The correct timing of this dose is essential to effective preparation. Preparation for the colonoscopy is very important; an adequate cleansing of your colon will allow for the best examination. An inadequate prep may result in additional prep and further testing. You may find that you still are evacuating this is normal. Yellow to clear liquid is what should be evacuating.

**DO NOT EAT OR DRINK ANYTHING, INCLUDING WATER, AFTER MIDNIGHT**