



# Digestive Health Specialists

OF THE SOUTHEAST

## INSTRUCTIONS FOR OUTPATIENT PROCEDURES/COLONOSCOPY

### SUPREP

1. **FIVE DAYS PRIOR TO PROCEDURE: (Restricted Residue Diet) DO NOT EAT** nuts, seeds, popcorn, or corn. Discontinue fiber supplements such as Metamucil, Citrucel, Fiberall, etc.
2. **ONE DAY PRIOR TO PROCEDURE:** You may only eat or drink clear liquids the entire day prior to your test. You may have Jell-O, popsicles, clear juices that have no pulp, black coffee, tea, colas, etc. **NOTHING RED, PURPLE, OR BLUE AND NO DAIRY PRODUCTS!!!**
3. At 6:00 p.m. on the day prior to your test, pour the entire contents of one bottle of SUPREP Bowel Prep Kit into the mixing container provided. Fill the container with water to the 16 oz fill line as indicated on the mixing container. Drink the entire amount.
4. Over the next hour, drink two additional 16 oz containers of plain water.
5. On the day of your colonoscopy, beginning at \_\_\_\_\_ a.m.(5 hours prior to your appointment, pour the entire contents of the remaining bottle of SUPREP Bowel prep kit into the mixing container provided. Fill the container with water to the 16 oz line as indicated on the mixing container. Drink the entire amount.
6. This solution should give you diarrhea so that your colon is clean for a good examination at the time of your test. If you do not drink all of the solution, your examination will be inadequate and may need to be rescheduled.
7. Over the next hour, drink two additional 16 oz containers of plain water.
8. After completing the prep, if your stools are **NOT** clear or yellow like urine, then you will need to drink a 10 oz bottle of lemon flavor magnesium citrate (available over the counter).
9. On the day of your procedure do not drink anything two hours prior to your arrival time. It is okay to take your required medication with only a small amount of water.