

Suprep Split PM and AM

Warning: Prior to starting Prep, please be aware of strict diet instructions. It is required to begin a low fiber diet 2-3 days prior to your procedure. A liquid diet is REQUIRED a day before the procedure, NO solid foods to be consumed. No food or drink after midnight the night before procedure. Failure to comply with diet will result in rescheduling your procedure.

Dose 1: Starting at 6:00 p.m. the night prior to your procedure:

Step 1: Pour one (1) 6-ounce bottle of SUPREP liquid into the mixing container.

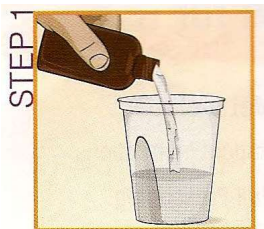
Step 2: Add water to the 16-ounce line on the container, mix.

Step 3: Drink **ALL** the liquid in the container.

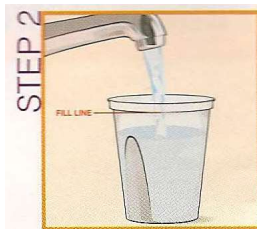
Step 4: You **MUST** drink two (2) more 16-ounce containers of water within the next hour.

Dose 2: Start 2nd dose the day of your Colonoscopy, 6 hours prior to your procedure arrival time.

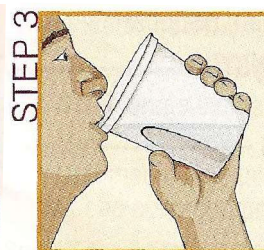
Step 1: Repeat instructions from dose 1, steps 1 through 4, using the other 6-ounce bottle provided.



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.

NOTHING TO EAT OR DRINK AFTER MIDNIGHT – WITH EXCEPTION OF YOUR PRESCRIBED PREP!

If you have any questions, please call: 214-496-1100

Approved Foods to Eat on Day 2 and Day 3 Prior to Your Procedure:

- Chicken, turkey, lamb, lean pork, fish, eggs
- Breads and grains made with refined white flour
- White rice
- Plain crackers like Ritz or Saltines
- Sour Cream, yogurt, cheese, cottage cheese, milk
- Tea and black coffee without cream or milk
- Flavored Water without dye
- Clear light-colored juices such as apple or white grape
- Clear broth- chicken, beef, vegetable
- Clear Soda such as Sprite or Fresca.
- Sports Drinks such as Gatorade and Propel (light colors only)
- Popsicles without fruit or cream, none that are red, blue, or purple
- Jell-O, none that have fruit chunks, none that red, blue or purple

Approved Foods to Eat Day Before Your Procedure:

- Water
- Tea and black coffee without cream or milk
- Flavored Water without dye
- Clear light-colored juices such as apple or white grape
- Clear broth- chicken, beef, vegetable
- Clear Soda such as Sprite or Fresca.
- Sports Drinks such as Gatorade and Propel (light colors only)
- Popsicles without fruit or cream, none that are red, blue, or purple
- Jell-O, none that have fruit chunks, none that red, blue or purple



Avoid These Foods 3 days prior to your procedure:

- **NO Nuts**
- **NO Seeds**
- **NO Granola**
- **NO Fruit with seeds**
- **NO Dried Fruit**
- **NO Raw fruit with skin membranes (includes berries, pineapples, oranges, watermelon)**
- **NO Brown or wild rice**
- **NO While grain bread, rolls, pasta, or crackers**
- **NO Bread or cereal with nuts or seeds**
- **NO Beans**
- **NO Potatoes with skin**
- **NO Cucumbers or pickles**
- **NO Cabbage or Brussel sprouts**
- **NO Green Peas, Squash, Onions, Corn, Tomatoes**
- **NO Soup that's not broth**
- **NO Popcorn**
- **NO Juice with pulp**
- **NO Baked goods with whole grain flour or nuts**
- **NO food or drink with dye that is in blue, red, or purple color**

Avoid These Foods 24 hours prior to your procedure:

- **NO food or drinks with dye that is Red, Blue, or Purple.**
- **NO Alcoholic beverages**
- **NO Milk products or smoothies**
- **NO Juices with pulp**
- **NO Soup**
- **NO SOLID FOOD, LIQUID DIET ONLY**