



LONGSTREETCLINIC

Your Health. Our Specialty.

General Surgery – DR. MULLIS

COLONOSCOPY BOWEL PREP INSTRUCTIONS

Day before procedure:

Clear liquids (see below) from the time you get up in the morning before your procedure until you go to bed that evening.

How to Take SUPREP® BOWEL PREP KIT

- **On the AFTERNOON before your procedure, around 4:00PM** complete steps 1 through 4 using one (1) 6-ounce bottle of suprep liquid into the mixing container
- **On the EVENING before your procedure, around 7:00PM** complete steps 1 through 4 using one (1) 6-ounce bottle of suprep liquid into the mixing container

STEPS 1- 4



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 before you drink it.



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.

Note: NOTHING TO EAT OR DRINK AFTER MIDNIGHT

***** CLEAR LIQUID DIET *****

“CLEAR LIQUIDS” does not mean colorless it means there should be no particulate matter, there is **NO** color restriction on fluid intake

No Solid Foods, Milk, or Dairy Products

Liquid Diet

Fruit Juice

Beverages

Soup Broth

Desserts

Seasoning

Liquid Allowed

Apple, White-grape or Pineapple

Black Coffee (no cream)
Tea (Hot or iced), Snapple
All carbonated Beverages (Coke, Dr. Pepper, Ginger ale etc.)
Gatorade or Powerade, Kool-Aid, Crystal Light

Clear Beef, chicken, vegetable broth, Bullion

Pop-Ice Popsicles, Jell-o (Any flavor), Clear Hard Candy

Salt, Lemon-juice, sugar for coffee
Sweeteners (Sweet-n-low, Equal, Splenda etc.)



LONGSTREETCLINIC
Your Health. Our Specialty.