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Suprep Split Dose Prep Instructions

The day before your procedure:

- You may have the **LOW FIBER BREAKFAST** described on Page 1 of the Colonoscopy Information sheet. Finish eating by 9 a.m.
- After breakfast, begin clear liquid diet. Refer to the **CLEAR LIQUID DIET** instructions page for details and list of allowed liquids.
- At 6:00 P.M. mix 1 (one) bottle of Suprep (brown bottle) in the provided mixing container. You will then fill the container to the red line with cool drinking water. Drink **ALL** the liquid in the container.
- Drink 2 (two) more 16-ounce containers of water over the next hour.
- Continue **CLEAR LIQUID DIET** until midnight.

After Midnight on the morning of your procedure:

- **NOTHING** to eat or drink other than the prep solution.
- **5 HOURS BEFORE YOUR PROCEDURE ARRIVAL TIME** mix the second bottle of Suprep (brown bottle) in the provided mixing container. Fill the container to the red line with cool drinking water. Drink **ALL** the liquid in the container.
- Next you must drink 2 (two) more 16-ounce containers of water over the next hour. Nothing else to eat or drink after these two 16-ounce containers of water. You must finish drinking the final glass of water at least **3 HOURS BEFORE YOUR PROCEDURE ARRIVAL TIME**.
- If you normally take medication for blood pressure, seizures, pain, anxiety or breathing problems in the morning, take these with a sip of water just before leaving the house.