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2 Day Suprep Split Dose Prep Instructions

What you will need:

- 10oz bottle of Magnesium Citrate (available over the counter at pharmacy)
- Your filled prescription of Suprep

Two days before your procedure:

- At 6pm, drink the bottle of Magnesium Citrate followed by 8 oz. of water

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.