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**SUPREP**

**DAY BEFORE COLONOSCOPY:**

NO BREAKFAST, LUNCH, OR DINNER

CLEAR liquid diet ALL day (such as apple juice, tea, broth, jello, black coffee).

\*No red/purple juices or jello, milk, milk products, or solid foods.

\*\*At 5pm, pour the entire contents of one bottle of Suprep Bowel prep kit into the mixing container provided. Fill the container with water to the 16oz. fill line as indicated on the mixing container. Mix and drink the entire amount.

\*\*Over the next hour, drink an additional 32oz. of plain water.

**DAY OF COLONOSCOPY:**

\*\*Beginning FIVE hours prior to your procedure time, 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 16oz. fill line as indicated on the mixing container. Mix and drink the entire amount.

\*\*Over the next hour, drink an additional 32oz. of plain water.

**\*NOTHING TO DRINK AFTER THIS DOSE!**

**\*\*REMEMBER\*\***

**NO** Aspirin or Ibuprofen type medications (Motrin, Aleve, Nuprin, Naprosyn), NSAIDS (Vioxx, Celebrex, or Bextra), Plavix, or Fish oil for 7 days prior to your procedure.

\*Ok to take Tylenol

**STOP** Coumadin five days prior to procedure.