**COLORADO CENTER FOR DIGESTIVE DISORDERS**

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**SUPREP INSTRUCTIONS**

1. At least a few days before beginning the following steps, have your prescriptions filled at the pharmacy. Drink 60-70 ounces each day for 3 days prior to procedure to keep yourself well hydrated. Do not eat anything containing small seeds or nuts for 3 days prior to the procedure.
2. **No solid foods are allowed the day prior to your procedure; therefore begin a clear liquid diet the morning before your procedure.**  Clear liquids are liquids which can be seen through when held up to the light. **Avoid anything with red food coloring**
3. We have provided an optional prescription for an anti**-**nausea medicine. It is your option to fill the prescription. If you would like to use it, take one tablet one hour prior to starting the laxative. You may take another tablet as directed if needed for nausea.
4. Suprep Laxative: At approximately 4:00 p.m. the day before the procedure. Pour one (1) 6oz bottle of Suprep liquid into the mixing container. Add cool drinking water to the top line of the container. Stir and drink. Please call the office at 303-776-6115 if you have any problems with this prep. **Do not follow the instructions supplied with this product.**
5. You must drink two (2) more 16 oz containers of water over the next one hour. It should take roughly one hour to complete step 4 and 5. Continue the clear liquid diet until your next dose of 4axative prep.
6. If the prep causes nausea, stop drinking for 15 minutes and restart drinking.

1. On the day of the procedure, 5 hours before your scheduled procedure time, repeat steps 4 and 5. This includes drinking the two (2) additional 16 oz containers of water over the next one hour. It will take approximately an hour to complete. You must FINISH drinking the laxative prep 4 hours before your procedure time. **After you complete the prep, don’t eat or drink anything more**. **This means no food, water or liquids**. Start by: \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ finish by\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. It is extremely important that you complete the entire preparation since this will help insure a complete and thorough clean out of the colon. This will enable inspection of the colon walls and therefore better information from the study.

CLEAR LIQUID DIET

Water, Apple juice, White cranberry juice, White grape juice

7-up, Ginger ale, Sprite, Mountain Dew, Colas

Black coffee, Tea, (sugar is allowed, no cream)

Gatorade, Powerade, Jello-O, Popsicles (no red food coloring)

Broth – chicken, beef, vegetable