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| **Prep Instructions**Colonoscopy Prep with SuPrep Split dosingIn advance, purchase the SuPrep prep kit at your local pharmacy. One day before your procedure you will need to be on a clear liquid diet. Please drink as much liquid as comfortable, as the more liquid you drink will help decrease cramping during the prep process.• Clear liquids are food that you can see through• Avoid all substances red, purple in color (it can look like blood)• Limit caffeine and alcoholic beverages (1 or 2)• No dairy products• Suggested foods: Apple juice, herbal tea, broth or bouillon (no crackers), soda, Kool-Aid, white grape juice, Jell-O, Gatorade, plain hard candy, popsicles, seasonings, (sugar, honey, substitutes, salt, Mrs. Dash)  The evening before your colonoscopy at 7:00 PM, please follow steps 1-2 The morning of your colonoscopy 5 hours before the arrival time, please follow steps 3-4 Dosing steps:1. Pour one container of prep into the included cup and fill the rest of the way with water. Drink ALL the liquid in the cup.2. Drink at least two more 16 ounce cups of water, over one hour. 3. Pour the second container of prep into the included cup and fill the rest of the way with water. Drink ALL the liquid in the cup.4. Drink at least two more 16 ounce cups of water, within one hour.You can take any necessary medications. The facility will call you the day before to confirm your arrival time. All times are subject to change.  |  |
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