

# Suprep Instructions

Procedure Date: \_\_\_\_\_

Arrival Time: \_\_\_\_\_ AM/PM

(Start Time): \_\_\_\_\_ AM/PM

**SAN DIEGO DIGESTIVE DISEASE  
CONSULTANTS**

**858-487-2121 Poway Office  
858-292-7527 San Diego Office**

*The Suprep kit contains 2 six ounce bottles of liquid and a disposable container for mixing. You must complete the entire prep to ensure the most effective cleansing. **Please be sure to follow the instructions for your clear liquid diet beginning the AM on the day before your procedure.***

**The evening before your colonoscopy, beginning at: \_\_\_\_\_**

Mix  
and  
Drink  
First  
Dose

Pour one 6 ounce bottle of Suprep liquid into the disposable container.

Add cool drinking water to the 16 ounce line of the container and mix.

Drink **ALL** the liquid in the container.

Drink two more 16 oz containers of water over the next 1 hour. This is a necessary step to ensure adequate hydration and an effective prep.

**The morning of your colonoscopy, beginning at: \_\_\_\_\_**

Mix  
and  
Drink  
Second  
Dose

Pour one 6 ounce bottle of Suprep liquid into the disposable container.

Add cool drinking water to the 16 ounce line of the container and mix.

Drink **ALL** the liquid in the container.

Drink two more 16 oz containers of water over the next 1 hour. This is a necessary step to ensure adequate hydration and an effective prep.