

# TESTfacts

An Educational Health Series From National Jewish Health®



## SuPrep for Colonoscopy

### Liquid Diet

Start a liquid (no solid foods) diet from the moment of waking up on the day before the procedure.

#### Clear Liquid Diet

- Gatorade, fruit juice (no citrus), soda, popsicles without fruit or cream, gelatin without fruit, broth without fat, coffee, and tea
- No solid food
- No red, orange, or purple colored liquids
- No dairy

#### SuPrep Preparation Instructions:

- 1<sup>st</sup> dose of SuPrep to be taken at 6pm day of liquid diet. Mix 1 bottle from kit with water in the mixing cup supplied. Follow with 2 mixing cups of water.
- 2<sup>nd</sup> dose of SuPrep 6 hours prior to procedure. Mix second bottle from kit with water in the mixing cup supplied. Follow with 2 mixing cups of water.
- May have clear liquids up to 4 hours before the procedure.

**Do not eat or drink (not even water) anything 4 hours prior to your procedure.**

- Be sure to inform your doctors and nurses about any diabetic medications and/or blood thinners you take. This will be the last liquid you have.
- Take all medications for high blood pressure, heart conditions, or seizure disorder with water 4 hours prior to your procedure.
- Bring rescue inhalers, asthma inhalers, diabetic medications, glucose monitor, and CPAP or BiPap machine with you to the procedure.
- Please be sure to have a ride arranged and with you to take you home after the procedure. If you do not have a ride with you, your procedure may be canceled.

**Questions?** Please call (303)398-1355 option #4, if you have any questions or need to reschedule. ©National Jewish Health, PTE316, rev2/15

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