

# INSTRUCTIONS FOR PREPARATION WITH SUPREP

48 hours before your Procedure: Eat light meals throughout the entire day.

**DO NOT HAVE ANY NUTS, POPCORN, OR ANY TYPES OF SEEDS.**

**Day before your procedure:** CLEAR LIQUID DIET (all day)

- Juice (with no pulp) such as Apple, White grape, or Gatorade
- Soft Drinks- such as Coke, Dr. Pepper, etc (no red or purple)
- Coffee & Tea- with or without sugar substitute, and non dairy creamer
- Popsicles & Jell-O (no red or purple)
- Chicken & Beef Broth

## **YOU MAY NOT HAVE**

- Pulp Juices such as orange juice or tomato juice
- Red or Purple products
- Dairy products or Soy products

➤ NOTE: This product will cause multiple bowel movements.

Dose One

At **3:00PM** on pour ONE (1) 6-ounce bottle of Suprep into the mixing container.

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

Drink ALL the liquid in the container

You MUST drink TWO (2) more 16-ounce containers of water over the next hour.

Continue to drink clear liquids for the remaining of the evening.

Dose Two

At **9:00PM** on pour ONE (1) 6-ounce bottle of Suprep into the mixing container.

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

Drink ALL the liquid in the container

You MUST drink TWO (2) more 16-ounce containers of water over the next hour.

**PLEASE PUSH LIQUIDS UNTIL MIDNIGHT**

**Colonoscopy Patients:** (You may continue to take your regular prescription medication the day of your procedure.) Continue to drink clear liquids until midnight only.

**DO NOT HAVE ANYTHING TO EAT OR DRINK AFTER MIDNIGHT UNLESS YOUR SECOND DOSE OF THE BOWEL PREP IS AT 6:00 AM THE DAY OF THE PROCEDURE.**

**REMEMBER:** IF YOU ARE TAKING ANY BLOOD THINNER MEDICATION PLEASE CALL THE OFFICE FOR FURTHER INSTRUCTIONS REGARDING THOSE MEDICATIONS