

## Suprep Bowel Preparation Morning Procedure

Read carefully. Follow the steps listed below

### Purchase from Drugstore.

Suprep Bowel Prep Kit from pharmacy



Note: Additional clear liquids must be consumed after every dose.

### DAY BEFORE EXAM

**Do not eat until after your procedure**

**Clear liquids only (see list)**

**Keep Hydrated all day**

Avoid dairy products



Dilute the solution prior to use.

**IT IS IMPORTANT THAT YOU FOLLOW STEPS BELOW COMPLETELY.**

*Your body loses significant amounts of fluid during bowel preparation.*

*In order to prevent dehydration, it is important to supplement that fluid loss with clear liquids.*

*Make a conscious effort to drink as much as you can before, during, and after the preparation.*

**5:00 p.m. First dose: (You may vary times by 4 hours - between 5:00 to 9:00 pm) Split Dose (2-Day) Regimen Both 6-ounce bottles are required to complete the prep. Drink the recommended amount of water**



1. Pour **ONE** (1) 6-ounce bottle of SUPREP liquid into the mixing container.



2. Add cool drinking water to the 16-ounce line on the container and mix. **NOTE:** Be sure to dilute SUPREP as shown at left before you drink it.



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



4. You **must** drink two (2) more 16-ounce containers of water over the next 1 hour.

### DAY OF EXAM

**5 hours before procedure time Second dose:**

*Repeat steps 1 through 4 using the other 6-ounce bottle, finish drinking at least 3 hours prior to procedure.*

**Do not drink anything 3 hours prior to your procedure on the morning of !!!**

### ALL DAY LONG

#### **CLEAR LIQUIDS DIET LIST**

(DO NOT DRINK ANYTHING COLORED RED OR PURPLE)

Water, tea or coffee (no milk or non-dairy creamer) sweeteners are o.k.

Soft drinks (7-up, cola, ginger ale, orange, Sprite, etc.) Gatorade, Kool-Aid, lemonade.

Strained fruit juices; without pulp. (apple, white cranberry, orange, white grape, etc.)

Low sodium chicken or beef bouillon/broth

Hard candies, Jell-O, Popsicles

NO sherbets or fruit bars