

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.

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

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 !!!