

SUPREP Bowel Prep For Procedures

Please read entire instruction sheet before beginning your prep.

THREE DAYS BEFORE PROCEDURE

For three (3) days prior to appointment do not eat any raw vegetables, salad, fruit, seeds, nuts or corn.

THE DAY BEFORE YOUR COLONOSCOPY

- NO SOLID FOOD!
- DRINK CLEAR LIQUIDS ALL DAY.
- See clear liquids list on this this sheet.
- Continue to drink clear liquids during the day.
- DO NOT LIMIT YOUR FLUIDS TO JUST WATER.
- The more you drink the better the prep will work.
- Do not drink anything red or purple in color.

YOU NEED TO DRINK 64 ounces OF CLEAR LIQUIDS BEFORE 6 p.m. This is a split dose regimen. Two (2) separate dosing times are given.

DAY BEFORE PROCEDURE AT 6 P.M.

- Pour one 6 ounce bottle of SUPREP liquid 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 more 16 ounce containers of water over the next hour. Continue to drink additional clear liquids. The more you are able to drink the cleaner your prep will be.**

SECOND DOSE OF PREP

DATE: _____

TIME: _____

- Pour one 6 ounce bottle of SUPREP liquid 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 more 16 ounce container of water over the next hour.**

- DO NOT HAVE ANYTHING ELSE BY MOUTH UNTIL AFTER YOUR PROCEDURE.

CLEAR LIQUIDS

- Water
- Clear chicken or beef broth
- Apple juice
- White grape juice
- Soft drinks
- Gatorade
- Coffee/Tea without cream, milk, or non dairy creamer
- Jell-o without fruit
- Popsicles
- Clear fruit drinks without pulp
- Avoid anything red or purple
- No alcoholic beverages
- No Jell-o or broth eight (8) hours prior to procedure

IMPORTANT REMINDERS

- If you take diabetic medications, check with your primary care provider about how to take them during your preparation.
- Take any heart, blood pressure, breathing or seizure medication with just a sip of water the morning of your exam.
- Stop blood thinners (coumadin, Plavix, etc.) three (3) days before exam, with your prescribing physician's approval.
- Avoid blood thinning medications (aspirin, ibuprofen etc.) three (3) days before your procedure. You may use Tylenol.
- Stop over-the-counter supplements seven (7) days prior.
- **YOU MUST HAVE SOMEONE WITH YOU TO STAY DURING THE PROCEDURE AND TO DRIVE YOU HOME.**
- You are permitted to have clear liquids up to six (6) hours prior to your procedure time.