

SUPREP Instructions:

APPT DATE: _____ TIME: _____ am/pm
LOCATION: _____ Center/ Hospital

The **DAY BEFORE** your procedure, you may have **ONLY CLEAR LIQUIDS! ---SEE LIST ON REVERSE.**

When to take SUPREP BOWEL PREP KIT:

SUPREP Bowel Prep Kit is taken as a split dose (2-day) regimen. You take the **first** 6-ounce bottle of SUPREP the **afternoon before** your colonoscopy and the **second** 6-ounce bottle of SUPREP the **morning of** your colonoscopy. It is important to drink the additional liquids as recommended in the Instructions for Use. **Both** 6-ounce bottles **are required for a complete prep**. Your doctor will tell you when it is time to begin to take each dose.

How to take SUPREP BOWEL PREP KIT:

- The **AFTERNOON BEFORE** your procedure (by 6PM), complete steps 1 through 4 using **one (1)** 6-ounce bottle.
- On the **MORNING OF** your procedure, repeat steps 1 through 4 using the other 6-ounce bottle- **THEN NOTHING!**

BOTH 6-ounce bottles are REQUIRED for a complete 2 DAY preparation!

FOR THE BEST PREP, IT IS IMPORTANT TO FOLLOW ALL THE STEPS BELOW COMPLETELY!!

Step 1:



Pour **ONE** (1) 6-ounce bottle of SUPREP liquid into the mixing container anytime **between 3pm and 6pm.**

Step 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.

Step 3:



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

Step 4:



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

NOTE FOR DOSE 2 on PROCEDURE DAY: You **must finish drinking the final glass of LIQUID** at least **3 hours**, as directed, **before** your procedure, **THEN NOTHING BY MOUTH** to receive anesthesia!

ACCEPTABLE CLEAR LIQUID DIET

The day before your procedure:

CHICKEN BROTH ONLY -**NO NOODLES!**

WON TON BROTH ONLY-**STRAINED!**

APPLE JUICE

GINGERALE

7-UP/SPRITE

NO DYE PEPSI CLEAR

WHITE GRAPE JUICE

WHITE CRANBERRY JUICE

ANY **DYE-FREE** FITNESS WATER

SELTZER-FLAVORED OK

COFFEE/TEA **WITHOUT MILK or CREAMERS!**

ICE POPS (**EXCEPT RED, PURPLE, OR BLUE COLORED**)

GATORADE (**EXCEPT RED, PURPLE, OR BLUE COLORED**)

JELLO (**EXCEPT RED, PURPLE, OR BLUE COLORED**)

WATER- FLAVORED OK

***OK TO MIX & MATCH- HAVE AS MUCH AS YOU WANT IF YOU'RE FEELING HUNGRY-
MORE IS BETTER DON'T SKIMP!**

ALSO OK TO HAVE BEFORE, DURING & AFTER PREP UNTIL MIDNIGHT THE EVENING BEFORE*

****PATIENTS MAY HAVE CLEAR FLUIDS UNTIL 3-4 HOURS PRIOR TO PROCEDURES THEN NOTHING! ****