

48 Clear  
24 hr SUPREP

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## SUPREP BOWEL PREP

### Fill your prescription for Suprep

It is extremely important for you to be hydrated before taking any bowel prep. Please drink extra water a few days prior to your prep day.

### Refrigerate both bottles of Suprep.

The FIRST day of your prep is \_\_\_\_\_ you may have a light breakfast such as: Cereal, Oatmeal, Cream of Wheat or a Scrambled Egg. You will then be on clear liquids the rest of the day.

The day before your procedure is \_\_\_\_\_ you will be on clear liquids the entire day. NO SOLID FOOD.

### CLEAR LIQUIDS

Water	Apple Juice
Clear Broth or Bouillon	Powdered Lemonade
Coffee or Tea(Sweetened, Black)	Jello(Lemon or Lime)
White Grape Juice	Gatorade
Clear soft Drinks	Lemon Italian Ice
Ice Popsicles	

### DO NOT DRINK ANYTHING THAT IS RED, ORANGE OR PURPLE!!

#### **FIRST DOSE: Beginning at 6:00PM:**

Pour one 6-ounce bottle of Suprep liquid into the mixing container. Add cool drinking water to the fill line on the container and mix.

Drink all the liquid in the container over the next half hour. (You can use a straw. Do not chug the liquid)

**After finishing the Suprep, you will drink two (2) 16-ounce containers of water over the next hour.**

#### **SECOND DOSE: Begin at \_\_\_\_\_**

Pour one 6-ounce bottle of Suprep liquid into the mixing container. Add cool drinking water to the fill line on the container and mix.

Drink all the liquid in the container over the next half hour. **After finishing the Suprep, you will drink two (2) 16-ounce containers of water over the next hour.**

You may continue to drink clear liquids until \_\_\_\_\_.