

# SUPREP Instructions

**PLEASE READ ALL INSTRUCTIONS AHEAD OF THE PROCEDURE DATE.**

**CALL OUR OFFICE IF YOU HAVE QUESTIONS / CONCERNS: 985-446-1958**

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You will need to get your prescription for the SUPREP® Bowel Prep Kit filled at the pharmacy ahead of time. The kit will include 2 bottles of oral solution that must be mixed with water.

**\*\*PLEASE NOTIFY YOUR PHYSICIAN IF YOU HAVE KIDNEY DISEASE OR KIDNEY PROBLEMS.\*\***

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2 days prior to procedure	1 day prior to procedure	Day of procedure
No nuts or seeds	Start Clear Liquid Diet & Begin Prep	Arrive at scheduled time

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## DIET

**Two days before your procedure, do not have any nuts or seeds as they are digested slowly.**

**The day before the procedure, remain on a clear liquid diet all day.**

This includes any liquid, which when held up to a light, can be seen through.

### **Examples:**

- Broths and Bouillons
- Fruit Juices (apple, grape, white cranberry, tang, strained lemonade / orange juice)
- Beverages such as coffee (NO milk/creamer), tea, carbonated beverages (soda/cola)
- Dessert such as popsicles, Jell-O, honey, syrup

Drink plenty of clear liquids to avoid dehydration.

**\*\*No liquid that contains RED or PURPLE dye, MILK, or ALCOHOL\*\***

Do not eat/drink anything after midnight the night before your procedure except as instructed below:

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## SUPREP® BOWEL PREP KIT INSTRUCTIONS

**\*\*Please disregard the instructions that are inserted in the kit.\*\***

### **DOSE #1: 5:00 PM THE AFTERNOON BEFORE YOUR PROCEDURE**

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.
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**.

### **DOSE #2: \_\_\_\_\_**

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.
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**.