

SUPREP Bowel Prep Kit Instructions

Follow these instructions (**NOT** the instructions provided in the kit)

Starting 5 days prior to your appointment please avoid foods which contain roughage and fiber such as seeds, nuts, beans, whole grain bread, fresh fruits and vegetables such as lettuce, cabbage, cucumbers, pickles, celery, broccoli, onions, peppers, peas, corn, fruit skins, and similar foods. Eat white breads, meat, dairy, eggs, juices (nothing with pulp) and other liquids during these days.

On the day **BEFORE** your procedure:

You may have breakfast and a light lunch no later than noon. Please start a clear liquid diet after lunch. Examples of clear liquids are:

- Water
- Strained fruit juices (without pulp) including apple, white grape, or white cranberry
- Limeade or lemonade
- Coffee or tea (no creamer)
- Chicken broth
- Gelatin desserts without added fruit or topping (no red, orange, or purple)
- Soft drinks
- Hard candies
- Popsicles (no Sherbert or fruit bars)

At 6 pm:

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. **IMPORTANT:** Drink TWO (2) more 16 ounce containers of water over the next 1 hour

The day of your procedure:

Have clear liquids only

 5 hours before leaving your house

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. **IMPORTANT:** Drink TWO (2) more 16 ounce containers of water over the next 1 hour

Nothing at all by mouth 2 hours prior to your procedure.

Report to 1630 23rd Ave. Suite 801 at _____ on _____.