



Athens Digestive Healthcare Associates
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SUPREP INSTRUCTIONS

Day Before Procedure:

Clear Liquid Diet ONLY All day: Black coffee, tea, apple juice, white grape juice, soft drinks, Gatorade, chicken or beef broth, Jell-O, popsicles, hard candy

NO SOLID FOODS, NOTHING RED OR PURPLE IN COLOR, AND NO MILK OR MILK PRODUCTS, OR ALCOHOLIC BEVERAGES

Suprep Kit is a split dose (2-day) regimen. Both 6-ounce bottles are required for a complete prep

First Dose: Begin Step 1 @ 6:00pm the evening before your procedure

You must complete Steps 1 through 4 using (1) 6-ounce bottle before going to bed

Step 1: Pour ONE (1) 6-ounce bottle of SUPREP liquid into mixing container

Step 2: Add cool drinking water to the 16-ounce line on the container and mix

Step 3: Drink all of the liquid in the container

Step 4: IMPORTANT:: You must drink two (2) more 16-ounce containers of water over the next hour

Second Dose:

Begin Step 1:5 HOURS PRIOR TO PROCEDURE

*For this dose: Repeat Steps 1 through 4 shown above using the other 6-ounce bottle.

NOTE: You must finish drinking the final glass of water at least 3 hours before your colonoscopy

Report To: _____

Arrival Time: _____

Date: _____

****YOU MUST HAVE A DRIVER TO ACCOMPANY YOU TO YOUR PROCEDURE DUE TO SEDATION****