

SUPREP BOWEL PREP

INSTRUCTIONS FOR THE DAY PRIOR TO YOUR COLONOSCOPY

Stay on a CLEAR LIQUID DIET ALL DAY.

Clear liquids include:

Water, chicken broth, Gatorade, coffee (no creamer), tea, lemonade, limeade, apple juice, WHITE grape juice, clear soft drinks, Jell-O, popsicles.

DO NOT HAVE MILK PRODUCTS, ANYTHING COLORED RED OR PURPLE.

THE EVENING PRIOR @ 5:00PM

Complete steps 1 through 4 using one bottle in your SUPREP kit.

1. Pour One (1) 6-ounce bottle of SUPREP liquid into the cup provided.
2. Add cool drinking water to the 16-ounce line on the cup and mix well.
3. Drink ALL the liquid in the cup.
4. You MUST drink two (2) more 16-ounce cups of water over the next hour.

REPEAT ABOVE STEPS @ 10:00PM

Repeat steps 1 through 4 using the other 6-ounce bottle of SUPREP.

Be sure to finish ALL of the solution and water.

Both 6-ounce bottles are required for a complete prep.

