

## **Instructions for SUPREP Bowel Prep**

**Please** fill your prescription at least 3 days prior to your colonoscopy.

### **Day before Colonoscopy**

- 1) Drink only clear fluids for breakfast, lunch, and dinner. These include water, clear fruit juices (apple & white grape), Gatorade, bouillon, and Jello (no red, blue, or purple colors). Do not consume solid food or milk products.
- 2) **Beginning at 6:00PM** Pour **one** 6 oz. bottle of SUPREP liquid into mixing container. Add cool drinking water to the fill line on the container and mix. Drink **ALL** of the liquid in the container. **You must drink two more 16 oz. containers of water over the next hour to finish this step of the prep.**
- 3) **Do not have anything else to eat or drink after your prep. Any night time heart or blood pressure medication can be taken with a small amount of water.**

### **Morning of the Procedure**

- 4) **Beginning at 3:00AM** Pour **one** 6 oz. bottle of SUPREP liquid into mixing container. Add cool drinking water to the fill line on the container and mix. Drink **ALL** of the liquid in the container. **You must drink two more 16oz containers of water over the next hour to finish this step of the prep. ALL PREP AND LIQUIDS MUST BE COMPLETED BY 4:00AM!!! FAILURE TO FOLLOW THESE INSTRUCTIONS MAY RESULT IN A RESCHEDULE!!**
- 5) **Do not have anything else to eat or drink after your prep. Any morning heart or blood pressure medication can be taken with a small amount of water by 5:30AM**
- 6) **No smoking, gum chewing, or peppermints 8 hours before your procedure. Failure to follow these instructions may result in a delay in your procedure or a possible reschedule.**