

# SUPREP Instructions

Please read all instructions before your scheduled procedure date.  
Call our office if you have any questions / concerns: 985-868-2273.

## THE DAY BEFORE YOUR PROCEDURE:

- **Have a light breakfast**
- **Then start on clear liquids.** The more fluids you drink, the better your colon will be cleaned out.  
Acceptable clear liquids include, but are not limited to:

CLEAR BROTH	KOOL AID	GATORADE/POWERADE	ICED TEA
POPSICLES	JELLO	FRUIT JUICE (STRAINED/NO PULP)	COFFEE
WATER	LEMONADE	SOFT DRINKS (DIET OR REGULAR)	

- Do not eat or drink anything RED or PURPLE. NO DAIRY PRODUCTS.

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## SUPREP® BOWEL PREP KIT Instructions

### DOSE #1: 2PM 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 hour

### DOSE #2: 8 PM THE EVENING BEFORE YOUR PROCEDURE

1. Repeat steps 1-4 above (as you did for Dose #1)

Do not eat or drink anything after midnight the night before your procedure.

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## THE MORNING OF YOUR PROCEDURE:

- If you are on heart, blood pressure, breathing or seizure medications, you must take them with only a few sips of water.
- Do not take your diabetes medications the morning of your procedure. Bring them with you. You will be allowed to take them, with food, after your procedure.