

## SUPREP Bowel Prep Patient Instructions *Split Dose Regimen*

**Procedure Date:** \_\_\_\_\_

**Procedure Location:** \_\_\_\_\_

**Arrival Time:** \_\_\_\_\_

**DAY BEFORE PROCEDURE:** \_\_\_\_\_

**DO NOT FOLLOW THE PREP DIRECTIONS ON THE BOX/ CONTAINER. FOLLOW THESE ONLY:**

A Prescription has been sent electronically to \_\_\_\_\_.

1. You may have breakfast and lunch until 1:00pm then remain on clear liquids the rest of the day.  
Any of the following clear liquids are OK:
  - Water
  - Strained fruit juices (without pulp) including apple, white grape, or white cranberry
  - Gatorade (NO RED, ORANGE, OR PURPLE)
  - Diet and regular soft drinks (NO RED, ORANGE, OR PURPLE)
  - Coffee or tea (DO NOT use any dairy or non-dairy creamer)
  - Chicken broth or beef broth
  - Jell-O (NO RED, ORANGE, OR PURPLE) and Popsicles (NO RED, ORANGE, OR PURPLE)
2. The evening before your colonoscopy beginning at **5:00 p.m.**, pour ONE (1) 6-ounce bottle of SUPREP liquid into the mixing cup.
3. Add cool drinking water, blue Gatorade, or apple juice to the 16-ounce line on the cup and mix.
4. Drink **ALL** of the mixture at your own pace and finish within the next hour.
5. You **MUST** drink at least 32 ounces of clear fluids over the next hour or two. We recommend that you continue to drink clear fluids throughout the evening before you go to bed.

**MORNING OF YOUR PROCEDURE:** \_\_\_\_\_

1. The morning of your colonoscopy beginning at \_\_\_\_\_ **a.m.** pour ONE (1) 6-ounce bottle of SUPREP liquid into the mixing cup.
2. Add cool drinking water, blue Gatorade, or apple juice to the 16-ounce line on the cup and mix.
3. Drink **ALL** of the mixture at your own pace and finish within the next hour.
4. You **MUST** then drink at least 32 ounces of clear fluids over the next hour.
5. Please note that **you may not have anything by mouth 4 hours prior to your procedure** or your procedure will be canceled. **You must be done with the entire prep prior to \_\_\_\_\_.**
6. Read attached pages as to what medications to take prior to procedure. Please call with any questions.
7. You must have your driver with you at all times. A taxi, uber or lyft are not allowed.
8. Please refer to the policy for cancelation and cancel prior to the date fees are charged.