



SUPREP Bowel Prep for Morning Procedures

Procedure Date/Time: _____

Procedure Location: _____

Arrival Location/Time: _____

THE DAY BEFORE THE PROCEDURE

You may have a regular breakfast until 11:00 am then remain on clear liquids the remainder of the day. Clear liquids DO NOT include ALCOHOL. 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 and/or Beef broth
- Jell-O (NO RED, ORANGE, OR PURPLE) and Popsicles (NO RED, ORANGE, OR PURPLE)

FOLLOW THESE PREP INSTRUCTIONS ONLY – DO NOT FOLLOW THE INSTRUCTIONS ON YOUR PREP BOX/CONTAINER!

First Dose: At 3:00 pm - pour ONE (1) 6-ounce bottle of SUPREP liquid into the mixing cup.

- Add cool drinking water, blue Gatorade, or apple juice to the 16-ounce line on the cup and mix.
- Drink **ALL** of the mixture at your own pace and finish within the next hour.
- You **MUST** then drink at least 32 ounces of clear fluids over the next hour. *We recommend you to continue drinking as much clear fluids as you can tolerate for better cleansing and to keep you hydrated.*

Second Dose: At 9:00 pm - pour ONE (1) 6-ounce bottle of SUPREP liquid into the mixing cup.

- Add cool drinking water, blue Gatorade, or apple juice to the 16-ounce line on the cup and mix.
- Drink **ALL** of the mixture at your own pace and finish within the next hour.
- You **MUST** then drink at least 32 ounces of clear fluids over the next hour. *We recommend you continue drinking as much clear fluids as you can tolerate for better cleansing and to keep you hydrated. You must finish the entire prep including clear liquids by midnight!*

NOTHING BY MOUTH AFTER MIDNIGHT EXCEPT PRE-APPROVED MEDICATIONS. THIS INCLUDES WATER, CHEWING GUM, HARD OR SOFT CANDY, TOBACCO, ETC.

THE MORNING OF YOUR PROCEDURE

- Take only pre-approved medications with a sip of water. Patients scheduled at the hospital should follow the facility's medication instructions when provided.
- Bring insurance card(s). Leave valuables at home.
- **YOU MUST HAVE an adult family member or friend available to take you to, remain on premises during, and take you home after the procedure.**
- **YOU ARE NOT PERMITTED TO DRIVE 12 HOURS FOLLOWING YOUR PROCEDURE.**

SURGICAL & COLONOSCOPY PROCEDURES CANCELED OR RESCHEDULED WITH LESS THAN 5 BUSINESS DAYS NOTICE WILL INCUR A \$100 FEE.