



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.