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SUPREP® / CLEAR LIQUID BOWEL PREPARATION

Your efforts at cleansing your colon are essential for an accurate and safe procedure. The instructions provided below are designed to maximize the ease, safety and success of your preparation. **If you believe your prep has not been effective please inform the nurse and physician prior to the procedure.**

Purchase the following at the pharmacy

- SUPREP® bowel prep kit (prescription enclosed).
- Optional: Plain or aloe Baby wipes (minimizes bottom irritation)
- Optional: Desitin or A&D ointment (minimizes bottom irritation)

DAY ONE OF PREP (day BEFORE procedure)

- **Clear liquid diet only entire day** (examples listed on reverse side / page 2). **Failure to follow instructions can lead to a poor prep and will likely result in your procedure being incomplete or cancelled.**

Anytime after 6:00 p.m.

- **STEP 1:** Pour ONE (1) 6-ounce bottle of SUPREP liquid into the mixing container.
- **STEP 2:** Add cool drinking water to the 16-ounce line on the container and mix.
NOTE: Dilute the solution concentrate as directed prior to use.
- **STEP 3:** Drink ALL the liquid in the container.
- **STEP 4: IMPORTANT:** You must drink two (2) more 16-ounce containers of water over the next 1 hour. **You may substitute ginger ale, Sprite (or equivalent) or white grape juice for water when mixing your solution.**

DAY TWO OF PREP (day of procedure)

- **Nothing to eat or drink, other than as instructed below.**
- Repeat Steps 1 through 4 (shown above) using the other 6-ounce bottle of SUPREP liquid. **BEGIN STEP ONE AT LEAST 3 TO 4 HOURS PRIOR TO LEAVING YOUR HOME.**
- **NOTE: You must finish drinking the final glass of water (STEP 4) at least 1 hour before leaving your house.**
- **DO NOT TAKE ANYTHING BY MOUTH AFTER COMPLETING STEP 4.**

Please drink plenty of clear liquids throughout the day to prevent dehydration. You may have clear caffeinated beverages; however please do not make these a majority of your liquids.

CLEAR LIQUID DIET – Includes but not limited to suggestions below

Water

Apple juice

Cranberry juice (okay because it is naturally red)

White grape juice

Propel fitness water (any flavor)

Gatorade (no red, blue or purple; all other colors acceptable)

Tea

Coffee. No cream or dairy products added.

Chicken or beef broth (strained)

Jell-o (no red, blue or purple; all other colors acceptable)

Popsicles (no red, blue or purple; all other colors acceptable)

You may have clear liquids with caffeine. However, please do not make it the majority of your liquids.