

William J. Fecht, Jr., M.D.
Paul K. Frederick, M.D.

Diplomates of the
American Board of
Internal Medicine and
Gastroenterology

9002 N. Meridian Street
Suite 200
Indianapolis, IN 46260

PH (317) 872-1161
TF (877) 282-5687
FX (317) 875-3286

www.indianagastro.com



SUPREP® 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). In addition to the clear liquid diet, you may follow the low residue diet instructions on the reverse side / page 2. If you choose this diet, it must be followed strictly with no substitutions. **Failure to follow instructions can lead to a poor prep and will likely result in your procedure being incomplete or cancelled.**

Any time after 6:00 p.m. (recommend to start BEFORE 9:00 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.**

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.

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.**

The day before the test, start eating the meals according to the meal planner. For additional food, please only consume those liquids permitted on clear liquid diet list that is provided. Your diet allows you to eat certain foods in a prescribed manner. It is critical that you eat only the permitted foods listed. Failure to follow the diet plan could result in a poor bowel prep, resulting in cancellation of your procedure. Please pick a diet plan and stick to it, do not take liberties and cheat.

MEAL PLANNER – CHOOSE ONLY 1 OPTION

	Option 1	Option 2	Option 3
BREAKFAST Choose only one	2 eggs (fried, over easy, scrambled or boiled) and 2 white bread slices OR 2 eggs and 1 plain bagel with butter or jelly	1 cup yogurt (no seeds, berries, or nuts) and 1 banana	1 Egg McMuffin (no meat) OR 1 plain bagel with cream cheese, jelly or butter

LUNCH (no later than 1 p.m.) Choose only one	1 plain chicken or turkey sandwich on white bread with condiments only—no lettuce, tomato, etc. -OR- 1 cup macaroni and cheese -OR- Baked potato with butter and / or sour cream	1 chicken breast and 1 cup cottage cheese	1 plain chicken sandwich with condiments only—no lettuce, tomato, etc. -OR- 5 chicken tenders / 10 chicken nuggets with condiments -OR- 1 cup macaroni cheese
---	--	---	---

SNACKS Choose only one	1 handful of pretzels No later than 3:00 p.m.	1 cup yogurt (no seeds, berries or nuts) No later than 3:00 p.m.	1 handful of pretzels No later than 3:00 p.m.
---	---	--	---

DINNER	<p>You may have as much of the items on the clear liquid diet section. Start bowel prep as instructed. Please do not eat any solid foods after starting bowel prep.</p>
---------------	--

CLEAR LIQUID DIET – Includes but not limited to the 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 are acceptable)
 - Tea
 - Coffee. No cream or dairy products added.
 - Chicken or beef broth (strained)
 - Jell-o (no red, blue or purple; all other colors are acceptable)
 - Popsicles (no red, blue or purple; all others colors are acceptable)
- You may have clear liquids with caffeine. However, please do not make it the majority of your liquids.**