

Suprep Bowel Prep INSTRUCTIONS

DO NOT FOLLOW THE INSTRUCTIONS ON THE BOX!!!

THE DAY BEFORE THE PROCEDURE:

BREAKFAST- ONLY tea/coffee, white toast, eggs and yogurt with out fruit

FOOD ALLOWED: **CLEAR LIQUID DIET ONLY!!**

NO purple or red colorings!
ORANGE coloring IS ACCEPTABLE

BEVERAGE: Water, Coffee, Tea, Carbonated beverages, Apple Juice, White grape Juice, warm or cold flavored gelatin, fruit flavored drinks and powders{ Gatorade, Country time, Crystal light, Kool-Aid}

SOUP: Fat free broth or bouillon

DESSERT: PLAIN fruit flavored gelatin, Popsicles, slushes, ices, hard candy, jelly beans

CONDIMENTS: Sugar, Artificial sweeteners, Non-fat/non dairy, liquid or powdered creamers {Coffemate, Creamora}

FOODS NOT ALLOWED
NO SOLID FOOD ALL DAY
NO dairy products: cheese, milk, half&half, Slim Fast, Glucerna, Boost, Ensure

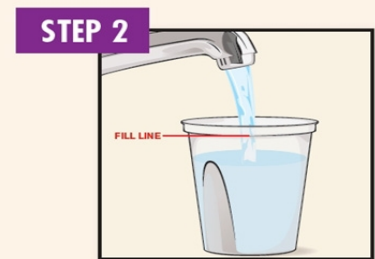


FIRST DOSE: Begin Step 1 at **5PM** the evening before your procedure and proceed as shown below:

You must complete steps 1 through 4 using one (1) 6-ounce bottle Before going to bed



Pour **ONE (1)** 6-ounce bottle of SUPREP liquid into the mixing container.

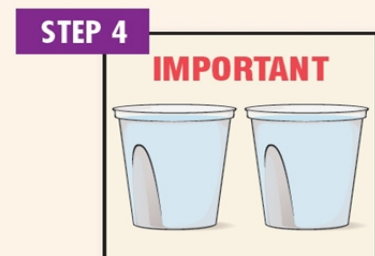


Add cool drinking water to the 16-ounce line on the container and mix.

NOTE: Dilute the solution concentrate as directed prior to use.



Drink **ALL** the liquid in the container.



You **must** drink two (2) more 16-ounce containers of water over the next 1 hour.

SECOND DOSE: 6 HRS before the Procedure Repeat steps 1-4 again using the Other 6-ounce bottle. Continue the clear liquid diet up to 4hrs before the procedure.

On the day of the procedure you may take high blood pressure or heart medications. Please stop: _____