

## SUPREP BOWEL PREP

**You will be on a CLEAR LIQUID DIET the ENTIRE day before your procedure. This includes breakfast, lunch, and dinner.**

### CLEAR LIQUID DIET EXAMPLES:

Water	Tea	Coffee (no cream)
7-UP	Coke	Sprite
Pepsi	Mountain Dew	Kool-Aid (no red)
Apple Juice	Cranberry Juice	CranApple Juice
CranBlueberry Juice	CranGrape Juice	CranRaspberry Juice
Grape Juice	Clear Broth	Bouillon

Jell-O & Popsicles (no red and no fruit added)

**NO**                      **NO DAIRY**                      **NO SOLID**  
**ALCOHOL!**                      **PRODUCTS!**                      **FOODS!**

**FIRST DOSE:** Begin Step 1 at 6:00 pm the evening before your procedure and proceed as shown below.

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

**SECOND DOSE:** Begin Step 1 six (6) hours prior to your scheduled procedure time. For example, if your procedure is scheduled for 8:00 am, start Step 1 at 2:00 am. For the 2<sup>nd</sup> dose, repeat Steps 1 through 4 as shown above using the other 6-ounce bottle. Do NOT eat or drink ANYTHING after you have finished the second portion of the Suprep kit.