








# 2-Day SUPREP Bowel Preparation

When	What to do before your procedure
 <b>5 days before your procedure</b>	<ul style="list-style-type: none"> <li>Pick up the prescription for 4 bottles of SUPREP from your pharmacy.</li> <li>Do not eat nuts, seeds, whole wheat bread, beans, corn, raw fruits and vegetables with seeds or skin for 5 days before your procedure.</li> </ul>
 <b>2 days before your procedure</b>  <b>In the morning</b>	<ul style="list-style-type: none"> <li><b>Do not eat any solid food.</b></li> <li>If you have heart failure or kidney disease, follow your provider's instructions for your daily fluid amount.</li> <li><b>Only drink clear liquids, nothing red or purple. No alcohol.</b> <ul style="list-style-type: none"> <li>– water</li> <li>– apple juice</li> <li>– ginger ale</li> <li>– black coffee/tea</li> <li>– Gatorade</li> <li>– Sprite, Sierra Mist</li> </ul> </li> <li>You may have these items until midnight, <b>only if they are clear</b> without any added food:           <ul style="list-style-type: none"> <li>– broth</li> <li>– water-based popsicles</li> <li>– JELL-O</li> </ul> </li> <li>No dairy, coffee creamer, alternative dairy products such as oat milk, juice with pulp, chewing gum or candy.</li> </ul> <p><b>Step 1:</b> Pour <u>one</u> 6 oz. bottle of SUPREP liquid into the mixing container.</p> <p><b>Step 2:</b> Add cool water up to the 16 oz. line on the container then mix.</p> <p><b>Step 3:</b> Drink all of the liquid in the container.</p>
	<p><b>Repeat steps 1-3 using the second 6 oz. bottle of SUPREP.</b></p>
 <b>1 day before your procedure</b>	<ul style="list-style-type: none"> <li><b>Do not eat any solid food.</b></li> <li><b>Only drink clear liquids, nothing red or purple. No alcohol.</b></li> </ul>
	<p><b>Step 1:</b> Pour <u>one</u> 6 oz. bottle of SUPREP liquid into the mixing container.</p> <p><b>Step 2:</b> Add cool water up to the 16 oz. line on the container then mix.</p> <p><b>Step 3:</b> Drink all of the liquid in the container.</p> <p><b>Step 4:</b> Drink at least 2 more 16 oz. containers of clear liquid over the next 1 hour.</p>
<b>After midnight</b>	<ul style="list-style-type: none"> <li><b>Stop eating any broth, popsicles, or JELL-O.</b></li> </ul>
 <b>6 hours before your procedure</b>	<ul style="list-style-type: none"> <li><b>Repeat steps 1-4 using the fourth 6 oz. bottle of SUPREP.</b></li> <li>Do not eat any solid food, broth, popsicles, or JELL-O.</li> <li>Stool must be a clear, yellow-colored liquid (similar to apple juice) and without any solid material for your procedure.</li> <li>Take your approved medications with a small sip of water at least 3 hours before your procedure, unless otherwise directed by your provider.</li> <li>If you take diabetic medications, follow instructions given by your provider.</li> </ul>
 <b>3 hours before your procedure</b>	<ul style="list-style-type: none"> <li><b>Stop drinking any liquids.</b></li> </ul>

If you eat any solid food on the day of your procedure, your procedure may be canceled.

**If you have any questions, please contact the clinic.**