



2-Day SUPREP Bowel Preparation

Planning for your Procedure

When	What to do
5 days before your procedure	<ul style="list-style-type: none"> • Pick up the prescription for 4 bottles of SUPREP from your pharmacy. • Do not eat nuts, seeds, whole wheat bread, beans, corn, raw fruits and vegetables with seeds or skin for 5 days before your procedure.
2 days before your procedure In the morning 	<ul style="list-style-type: none"> • Do not eat any solid food. • Only drink clear liquids, nothing red or purple. No alcohol. • Clear liquids include: <ul style="list-style-type: none"> – water – apple juice – Jell-O – ginger ale – Gatorade – popsicles – Sprite, Sierra Mist – lemonade – broth <p>Step 1: Pour <u>one</u> 6 oz. bottle of SUPREP liquid into the mixing container.</p> <p>Step 2: Add cool water up to the 16 oz. line on the container then mix.</p> <p>Step 3: Drink all of the liquid in the container.</p> <hr/> <p>Repeat steps 1-3 using the second 6 oz. bottle of SUPREP.</p>
1 day before your procedure 	<ul style="list-style-type: none"> • Do not eat any solid food. • Only drink clear liquids, nothing red or purple. No alcohol. <p>Step 1: Pour <u>one</u> 6 oz. bottle of SUPREP liquid into the mixing container.</p> <p>Step 2: Add cool water up to the 16 oz. line on the container then mix.</p> <p>Step 3: Drink all of the liquid in the container.</p> <p>Step 4: Drink at least 2 more 16 oz. containers of clear liquid over the next 1 hour.</p>
6 hours before your procedure	<p>Repeat steps 1-4 using the fourth 6 oz. bottle of SUPREP.</p> <ul style="list-style-type: none"> • Stool must be clear, liquid and without any solid material for your procedure. • Take your approved medications with a small sip of water at least 2 hours before your procedure, unless otherwise directed by your provider. • If you take diabetic medications, follow instructions given by your provider.
2 hours before your procedure	<ul style="list-style-type: none"> • Stop drinking any liquids.

If you have any questions, please call us at (312) 942-5861.