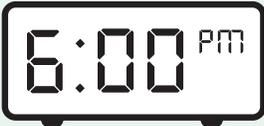


# SUPREP Bowel Preparation

## Planning for your Procedure

When	What to do									
<p><b>5</b> days before your procedure</p>	<ul style="list-style-type: none"> <li>• Pick up the prescription for 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>									
<p><b>1</b> day before your procedure</p> 	<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> <li>• Clear liquids include:               <table border="0" style="width: 100%;"> <tr> <td>– water</td> <td>– apple juice</td> <td>– Jell-O</td> </tr> <tr> <td>– ginger ale</td> <td>– Gatorade</td> <td>– popsicles</td> </tr> <tr> <td>– Sprite, Sierra Mist</td> <td>– lemonade</td> <td>– broth</td> </tr> </table> </li> </ul> <hr/> <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>	– water	– apple juice	– Jell-O	– ginger ale	– Gatorade	– popsicles	– Sprite, Sierra Mist	– lemonade	– broth
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<p><b>6</b> hours before your procedure</p>	<ul style="list-style-type: none"> <li>• <b>Repeat steps 1-4 using the second 6 oz. bottle of SUPREP.</b></li> <li>• Stool must be clear, liquid and without any solid material for your procedure.</li> <li>• Take your approved medications with a small sip of water at least 2 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>									
<p><b>2</b> hours before your procedure</p>	<ul style="list-style-type: none"> <li>• <b>Stop drinking any liquids.</b></li> </ul>									

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