

# SUPREP BOWEL PREP KIT

## THE DAY BEFORE YOUR PROCEDURE

### CLEAR LIQUIDS TODAY!! NO SOLID FOODS!



#### CLEAR LIQUID DIET

<input checked="" type="checkbox"/> ALLOWED CLEAR LIQUIDS	<input type="checkbox"/> NOT ALLOWED LIQUIDS
Strained Chicken, beef or vegetable broth	Cream Soups
Black coffee, black tea (no milk, no non-dairy creamer)	Milk or non-dairy creamer
Carbonated and non-carbonated soft drinks	
Gatorade, Pedialyte, PowerAde	Smoothies, Protein shakes
Kool-Aid or other fruit flavored drinks	Tomato Juice
Apple juice, white cranberry/grape juice	Juice with pulp like orange/grapefruit
Jell-O, popsicles	Nothing red or purple

### SUPREP

CONTAINS TWO 6 OUNCE BOTTLE AND ONE MIXING CUP

- **STAY HYDRATED!** Drink plenty of water to replace what you lose during the prep.
- **STAY CLOSE TO THE BATHROOM!** You may begin to have bowel movements in as little as 30 minutes.
- **FOLLOW** the instructions provided by the office staff for your prep solution.

**DO NOT FOLLOW THE INSTRUCTIONS ON THE BOX OR CONTAINER OF YOUR PREP SOLUTION**

#### 4:00 PM-1<sup>st</sup> dose

1. Pour one (1) 6-ounce bottle of SUPREP liquid into the mixing container.
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.  
You may add lime or lemon juice to the prep.
3. Drink **ALL** the liquid in the container.
4. Drink at least two more 16-ounce containers of water over the next hour.

**IMPORTANT:** if you experience preparation -related symptoms (nausea, bloating, or cramping), pause or slow the rate of drinking the additional water until your symptoms diminish.

#### 9:00 PM- 2<sup>nd</sup> dose

1. Repeat Step 1- Step 3
2. Drink at least two more 16- ounce containers of water over the next hour.
3. Continue to consume only clear liquids up until midnight

### YOU WILL BE READY FOR YOUR PROCEDURE WHEN:

- You have read through and followed all instructions
- You have completed **ALL** of your prep solution/laxative.
- Your bowel movements are clear yellow fluid, like urine and you can see the bottom of the toilet.
- You have arranged and confirmed a ride home with family member or friend.

Call 770-995-3113, if you have any problems taking the prep OR if your bowel movements are not clear yellow liquid.