



SuPrep Instructions

(Early Morning Procedure)

You need to purchase:

- Suprep (bowel prep) at your pharmacy

On the DAY BEFORE your procedure:

Only drink **CLEAR** liquids the entire day. There is no restriction on the amount you can drink.

Clear Liquid Diet Consists of:

Water, white grape juice, apple juice, plain bouillon, tea, coffee (no creamer), plain Jell-O (no fruit topping or additives), popsicles, soft drinks, Gatorade/G2/Pedialyte.

NO red or purple products.

NO solid foods, milk, or alcohol.

You may drink any clear liquids up to 6 hours prior to the procedure. It is important to drink extra clear liquids during and after the prep to prevent dehydration!

6pm – Pour one bottle into the disposable container. Add drinking water (16 oz.) to the line on the container. Mix and drink.

The following hour – Drink two more 16 oz. glasses of water over one hour. This is a necessary step to ensure adequate hydration and effective prep.

10pm – Pour one bottle into the disposable container. Add drinking water (16 oz.) to the line on the container. Mix and drink.

The following hour – Drink two more 16oz glasses of water over one hour. This is a necessary step to ensure adequate hydration and effective prep.

Continue to drink clear liquids after the prep is complete-Stop drinking 6 hours prior to your procedure! Please follow these instructions! Do not follow instructions that came with your prep-Anesthesia will not allow you to drink 6 hours prior to procedure!!

6 hours prior to procedure – Nothing by mouth including: Candy, mints, gum, tobacco products, or marijuana. *Failure to do so will cause your procedure will be delayed or cancelled. This is for your safety.*

Diabetics: You must contact your primary doctor or Endocrinologist regarding your diabetic medications.