

SUPREP BOWEL PREPARATION INSTRUCTIONS

Morning Procedure: 5 pm first dose, 9 pm second dose

Afternoon procedure: 6pm first dose, 8 hours before the procedure take the second dose.

On the day before the procedure:

What you **CAN** do:

- You may have a light breakfast. You will be on clear liquids for the rest of the day.
- You may not have anything for dinner.

What you **CANNOT** do:

- **DO NOT** drink milk
- **DO NOT** eat or drink anything colored red or purple
- **DO NOT** drink alcoholic beverages

Any of the following liquids are **OK** to drink:

- Water
- Strained fruit juice (without pulp)
 - Examples: apple, orange, white grape, or white cranberry juice
- Limeade or Lemonade
- Coffee or tea (**DO NOT** use any dairy or non-dairy creamer)
- Chicken broth
- Gelatin desserts (such as Jell-O) without added fruit topping. **NO RED OR PURPLE**

SUPREP bowel kit is used for cleansing the colon as preparation for colonoscopy in adults. Be sure to tell your doctor about all the medications you take, including prescriptions and non-prescription medicines, vitamins, and herbal supplements. SUPREP may affect how medications work.

Medications taken by mouth may not be absorbed properly when taken within 1 hour before the start of a dose of SUPREP.

The most common adverse reactions after administration of SUPREP are overall discomfort, abdominal distention, abdominal pain, nausea, vomiting, and headache.

SUPREP is a split-dose (2 day) regimen. Both 6 ounce bottles are required for a complete prep.

FIRST DOSE: Begin step 1 at ____ PM the evening before your procedure and proceed as directed below. You must complete steps 1 through 4 using (1) 6 ounce bottle before going to bed.

STEP 1: Pour (1) 6 ounce bottle of SUPREP liquid into the mixing container

STEP 2: Add cool drinking water to the 16 ounce line on the container. Then mix. Note: dilute the solution concentrate as directed prior to use.

STEP 3: Drink ALL the liquid in the container.

STEP 4: You must drink two (2) more 16 ounce containers of water over the next 1 hour.

SECOND DOSE: Begin step 1 at ____ AM the morning of your procedure and proceed as shown above. Repeat steps 1 through 4 using the other 6 ounce bottle.

*Note: You **must** finish drinking the final glass of water at least 1 hour before your colonoscopy.*