

SUPREP Bowel Prep Instructions (Morning)

Important:

- Take your prep prescription to the pharmacy at least **5 days in advance**
- Follow the instructions on this piece of paper, not the booklet that comes in the prep box
- Buy a small pkg of simethicone, Gas-X or Phazyme as well at the pharmacy

Beginning 5 days prior to the procedure:

You should avoid these for **5 days prior** to your procedure (unless directed otherwise):

- Ibuprofen (Advil, Motrin), naproxen (Aleve), clopidogrel (Plavix), coumadin (Warfarin)
- Nuts, popcorn, corn, seeds, legumes

Stop Eliquis **3 days** prior, Xarelto **2 days** prior (unless directed otherwise)

The day before the procedure:

Before 9:00 am, it is OK to have a light breakfast. Examples include white toast, eggs, tea, black coffee.

After breakfast, you may have **clear liquids only** for the rest of the day.

Examples of allowable clear liquids:

- Water (drink plenty to prevent cramping)
- Broth (beef, chicken, vegetable), plain
- Ginger Ale, Sprite, or 7-up (diet is okay)
- Plain Jell-O (avoid red/purple; no fruit or whip cream)
- Juices (apple or white grape juice, pulp free)
- Sports drinks (avoid red/purple)
- Popsicles (avoid red/purple)

AVOID:

- Dairy products
- Non-dairy creamers
- Orange juice
- Tomato juice

Using your SUPREP kit:

When drinking prep, please also take **2 tablets of simethicone, Gas-X or Phazyme**

At **~6:00p** complete all steps 1 through 4 using one 6-ounce bottle.

Step 1: Pour **one** 6-ounce bottle of SUPREP liquid into the mixing container.

Step 2: Add cool drinking water to the 16-ounce line on the container and mix.

Step 3: Drink **all** the liquid in the container.

Step 4: You **must drink two more** 16-ounce containers of water over the next 1 hour.

OK to continue drinking clear liquids until you drink your second prep at the time listed below.

At _____ (5 hrs before scheduled procedure time), again **complete all steps 1 through 4** above using the second 6-ounce bottle.

Do NOT drink any more liquids after completing the 2nd part of the prep.



Reminder, you CANNOT take an Uber, Lyft, Taxi or Bus home after the procedure