

## SUPREP Bowel Prep Instructions

### **Important:**

- Follow the instructions on this piece of paper, not the booklet that comes in the prep box
- Take your prep prescription to the pharmacy **5 days in advance**

### **Beginning at 5 days prior to the procedure:**

These must be avoided for **5 days prior** to your procedure:

- Aspirin, ibuprofen (Advil, Motrin), naproxen (Aleve), clopidogrel (Plavix), Coumadin, Xarelto
- Iron supplements and Fish Oil
- Nuts, popcorn, corn, seeds

### **The day before the procedure:**

**Before 9:00 am**, have a light breakfast. This can be toast, eggs, and black coffee (sugar is okay), apple juice or white grape juice.

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

#### **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 (no fruit or whip cream, no red or purple)
- Juices (apple or white grape juice, pulp free)
- Sports drinks (no red or purple)
- Popsicles (no red or purple)

#### **You cannot have:**

Dairy products

Orange juice

Tomato juice

### **Using your SUPREP kit:**

At \_\_\_\_\_ **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.

Continue drinking clear liquids until you drink your second prep time below.

At \_\_\_\_\_ again **complete all steps** 1 through 4 above using the second 6-ounce bottle.

### **And finally:**

- **Take nothing** by mouth (including water) \_\_\_\_\_ hours **before your procedure**.
- **Someone must drive you home** from your procedure. **YOU CAN NOT TAKE A TAXI, UBER OR LYFT HOME.**