

SUPREP INSTRUCTIONS

THE DAY BEFORE PROCEDURE

- Clear liquid diet all day. **No solid food**
- Allowed liquids: Water, Strained fruit juices (without pulp) including apple, orange, white grape, or white cranberry • Limeade or lemonade • Coffee or tea (DO NOT use any dairy or non-dairy creamer) • Chicken broth • Gelatin desserts without added fruit or topping (NO RED OR PURPLE)
- DO NOT CONSUME MILK, ALCOHOL, OR ANYTHING RED OR PURPLE
- *****If you are asked to do a “Two day prep”, please take either 4 capfuls of Miralax mixed in water or Gatorade at 12 noon the day before your procedure or 1 bottle of magnesium citrate (both of these are available over the counter)*****
- At **5PM**, take the first dose of SUPREP



Step 1

Pour **ONE** (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 and mix.

Note: Be sure to dilute SUPREP as shown before you drink it.



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.

Note: You **must** finish drinking the final glass of water at least 2 hours, or as directed, before your procedure.

THE MORNING OF YOUR PROCEDURE

- Beginning **6 hours** before your procedure arrival time, Repeat steps 1-4 with the other 6oz bottle of SUPREP
- **Both 6oz bottles are required for a complete prep**
- **It is important to follow all steps completely**