

### **Suprep Bowel Preparation**

Your procedure is scheduled on: \_\_\_\_\_, at \_\_\_\_\_, with Dr. \_\_\_\_\_ arrival time: \_\_\_\_\_

Please pick up your SUPREP BOWEL prep kit from your pharmacy within the next 3-5 days.

One week prior to your procedure do not eat any nuts, dried fruit, fruit or vegetables with seeds, corn, popcorn or raw vegetables.

#### **DAY BEFORE YOUR PROCEDURE:**

1. Clear liquid diet for breakfast, lunch and dinner - NO SOLIDS. (Examples: water, clear fruit juices, clear soda, coffee, tea, plain gelatin, clear broth, popsicles and hard candy. (No red, purple or blue).
2. 5:00 PM pour (1) 6 ounce bottle of Suprep liquid into the mixing cup. Add cool drinking water (diet sugar free clear drink or crystal light) to the 16 ounce line on the cup and mix.
3. Drink all the liquid in the mixing cup. It is important to drink the entire prep, please drink it slowly. You must drink 2 more 16 ounce cups of water (diet sugar free clear drink or crystal light) over the next hour.
4. It is very important to continue fluid intake, please make sure to continue to drink clear liquids in addition to your prep.

#### **DAY OF PROCEDURE:**

1. Take all morning medication 30 minutes prior to starting your prep. Remember: NO SOLID FOODS.
2. Five hours prior to leaving your home, pour 6 ounce bottle of Suprep liquid into mixing cup. Add cool drinking water (diet sugar free clear drink or crystal light) to the 16 ounce line on the cup and mix.
3. Drink all the liquid in the mixing cup. It is important to drink the entire prep, please drink it slowly. You must drink 2 more 16 ounce cups of water (diet sugar free clear drink or crystal light) over the next hour.
4. Stop drinking all liquids at least 2 hours prior to leaving your home.

\* If you have difficulty with your evening or early morning prep, please visit our website [gastrocentralva.com](http://gastrocentralva.com) and look at the Frequently Asked Questions (FAQ). If you still need assistance you can reach our on-call physician by calling the answering service at (434) 845-9516.