

SUPREP BOWEL PREP INSTRUCTIONS

The Day Before Your Procedure

- You may have a light breakfast or have clear liquids only.
- Please have nothing for dinner
- Please see list of appropriate foods below
- Please do not consume milk, or eat anything colored RED or PURPLE
- Do not drink alcohol

Liquids OK to Drink

- Water
- Strained fruit juices (no pulp) including apple, orange, white grape, or white cranberry
- Lemonade or limeade
- Coffee or tea (without milk, dairy or non-daily creamer)
- Chicken broth
- Gelatin desserts without added fruit or toppings (no RED or PURPLE)

When to Take SUPREP BOWEL PREP KIT

SUPREP Bowel Prep Kit is taken as a split-dose (2-day) regimen. You take the first 6-ounce bottle of SUPREP the evening before your colonoscopy and the second 6-ounce bottle of SUPREP the morning of your colonoscopy, or as otherwise directed by your physician. It is important to drink the additional water as recommended in the instructions below

How to Take SUPREP BOWEL PREP KIT

- On the evening before your procedure: complete steps 1-4 using one (1) 6-ounce bottle before going to bed
 - On the morning of the day of your procedure: Repeat steps 1-4 using the other 6-ounce bottle
1. Pour ONE (1) 6-ounce bottle of SUPREP liquid into the mixing container
 2. Add cool drinking water to the 16-ounce line on the container and mix
 3. Drink ALL the liquid in the container
 4. You MUST drink two (2) more 16-ounce containers of water over the next 1 hour.
- You MUST finish drinking the final glass of water at least 2 hours, or as directed, before your procedure

**Both 6-ounce bottles are required to be finished for a complete preparation.
IT IS IMPORTANT TO FOLLOW ALL THE STEPS COMPLETELY!**

Examples of Appropriate Foods to Eat the Day Before Your Procedure

Food Type	Eat / Drink	Avoid
Grains	<ul style="list-style-type: none"> • Breads and other baked goods made from refined white flour • Cold cereals made from refined flours, such as cornflakes and toasted rice cereal • White rice, noodles, refined pasta 	<ul style="list-style-type: none"> • Whole grain breads and baked goods • Whole grain cereals such as bran flakes • Brown rice, whole wheat pasta, and other whole grain foods
Fruits	<ul style="list-style-type: none"> • Fruit juices without pulp, except prune juice • Soft fruits such as bananas and melons • Canned or well-cooked fruit 	<ul style="list-style-type: none"> • Juices with pulp or seed, prune juice • Dried fruits, berries • Coconuts, popcorn
Vegetables	<ul style="list-style-type: none"> • Vegetable juices without pulp • Potatoes without skin • Canned or well-cooked vegetables 	<ul style="list-style-type: none"> • Juices with pulp or seed, prune juice • Dried fruits, berries • Coconuts, popcorn
Meat, Other Protein	<ul style="list-style-type: none"> • Well-cooked tender meat, fish, poultry, eggs 	<ul style="list-style-type: none"> • Tough meat, meat with gristle • Beans, peas, legumes, nuts
Dairy	<ul style="list-style-type: none"> • Soft, mild cheeses • Plain yogurt 	<ul style="list-style-type: none"> • Milk or creamer • All dairy if lactose intolerant • Strong cheeses • Yogurt or cheese containing nuts, berries, raw fruit
Oils	<ul style="list-style-type: none"> • Vegetable oils, margarine, butter 	<ul style="list-style-type: none"> • Fried foods