



---

## **PRESCRIBED BOWEL PREP INSTRUCTIONS: SUPREP**

**Please follow these instructions, not the ones on the SUPREP box. This prep is time sensitive and requires you to follow the instructions exactly.**

### **What you will need:**

- Suprep (picked up from your pharmacy)
- Clear liquids (see examples below)

### **The day before your colonoscopy:**

- Drink only clear liquids throughout the day starting in the morning (see examples below).
- No red or purple liquids.
- No solid foods or soft foods are allowed.
- No milk or dairy products are allowed.

### **Clear liquids are those you can “see through”. Examples include:**

- Water
- Apple Juice
- White cranberry juice
- White grape juice
- Tea (no milk or cream)
- Clear broth or bouillon
- Ginger Ale
- Lemon Lime soda / Lemonade (no pulp)
- Kool-Aid or other fruit flavored drinks
- Jell-O
- Ice popsicles
- Black coffee (No creamer or milk)
- Hard candies
- Carbonated Soda
- Sports drink (Gatorade, Vitamin Water, Powerade, etc.)

### **If you are having difficulty drinking the prep:**

- You can mix your prep mid-day and put in the refrigerator until you are ready to drink.
- Put your prep over ice or use a straw to drink it.
- Use ginger-ale, lemon/lime wedges, or any other clear liquid in between the prep to make it more enjoyable.
- Suck on hard candies (no red or purple).
- Take a break from drinking, walk around, and then resume drinking the prep.
- For discomfort while wiping, use wet wipes and apply Vaseline/Desitin to the area.*
- Remind yourself, you are doing this for your own health.
- If you are having problems completing your prep or you are still passing brown fluid after completing your prep, please contact the office: 480-563-5757.

**The evening before your colonoscopy:     /     /**

- 6:00 pm you will begin drinking your prep
- To mix your prep:
  - Pour ONE (1) bottle of SUPREP (6 ounces) into the mixing container provided.
  - Add cool drinking water to the container to the 16-ounce fill line and mix.
  - Drink half of the liquid in the container.
  - Wait 15 minutes, then drink the rest of the liquid.
  - Drink two more 16-ounce containers of water over the next 1 hour.



**NOTE:** Make sure to dilute SUPREP as instructed above before you drink it or the prep solution will not be effective.

**The day of your colonoscopy     /     /     at     :     am/pm**

- Begin drinking the second dose of your prep
- To mix your prep:
  - Pour ONE (1) bottle of SUPREP (6 ounces) into the mixing container provided.
  - Add cool drinking water to the container to the 16-ounce fill line and mix.
  - Drink half of the liquid in the container.
  - Wait 15 minutes, then drink the rest of the liquid.
  - Drink two more 16-ounce containers of water over the next 1 hour.



**NOTE:** You must complete the entire prep to ensure the most effective cleansing.

**DO NOT DRINK ANYTHING AFTER     :     am/pm**

**You must not drink anything or put anything in your mouth, including your prep, after the stated time. This includes water, gum, mints, and hard candies. Failure to follow these instructions will result in a cancellation of your procedure.**