

Center for Women's Gastrointestinal Health

SUPREP | Bowel Preparation

The day before your colonoscopy

- You may only have CLEAR LIQUIDS; NO SOLID FOOD from the time you wake up in the morning the day before your procedure.
 - Clear liquids include: Coffee and tea (NO milk/creamer), broth, clear juices (apple, *white* grape juice), Gatorade, soda, Crystal Light, Jell-O, popsicles, Propel Water, and plain water.
 - DO NOT have any products with *red* dyes/coloring.
- You will need to pick up the SUPREP Bowel Prep prescription at your pharmacy.
- **Begin your SUPREP Bowel Prep at 6 p.m. the day before your colonoscopy.**
 1. Pour one 6 oz. bottle of SUPREP liquid into the mixing container.
 2. Add cool drinking water to the 16 oz. line on the container and mix. Be sure to dilute SUPREP as shown on instructions BEFORE you drink it.
 3. Drink ALL the liquid in the container.
 4. You MUST finish drinking two more 16 oz. containers of water over the next one hour.

Morning of your procedure – five hours before your schedule procedure time

- Beginning at _____ a.m. (five hours before your scheduled procedure time), **repeat steps 1 through 4**. If you feel full or nauseated, wait at least 20 to 30 minutes before drinking the solution again.
- You must be finished drinking the second half of SUPREP four hours before your scheduled procedure.

You are now finished with your bowel preparation.

Please DO NOT drink liquids from this point until after the procedure.

A video is available to view mixing instructions at Supreokit.com.

If you have any questions, please call our office at **(401) 453-7953**.

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