

# Suprep Prep Instructions

## The day before your procedure:

- Do not eat.
- You must be on a clear liquid diet for breakfast, lunch, and dinner.

## The evening before your procedure:

- Pour one, six-ounce bottle of SUPREP liquid into the mixing container.
- Add cool drinking water to the 16-ounce line on the container and mix.
- Drink **all** the liquid in the container.
- You must drink two more 16-ounce containers of water over the next hour.

## The morning of your procedure:

- Pour one six-ounce bottle of SUPREP liquid into the mixing container.
- Add cool drinking water to the 16-ounce line on the container and mix.
- Drink **all** the liquid in the container.
- You must drink two more 16-ounce containers of water over the next hour.

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

### Clear liquids - No red or purple

- Water
- White grape juice
- Popsicles
- Sports drink (Gatorade, Powerade)
- Broth (no meat or veggie pieces)
- Apple juice
- Gelatin (Jell-O)
- Clear soda (Sprite, Sierra Mist)
- Coffee with sugar (no cream or milk)

*No puddings or liquids you cannot see through*

*No meat, rice, noodles, or veggies*