



CENTER OF SURGICAL EXCELLENCE

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## **Instructions for SUPREP Bowel Prep Kit** **(2 – Day Regimen)**

**\*\*Follow the instructions given below, NOT the instruction on the side of the box.\*\***

Please make sure to get your Suprep prescription filled at your local pharmacy at least 5 business days prior to your procedure.

### **The Day Before Your Procedure:**

You should be on a CLEAR LIQUID DIET ONLY and lots of water. Avoid drinks that are RED or PURPLE in color. Do not drink milk. Drink as much clear liquids as possible during the day.

**STEP 1.** (First Dose) Beginning at **6:00 pm**, pour the entire contents of 1 (6 ounces) bottle of SUPREP Bowel prep kit into the mixing container provided.

**STEP 2.** Fill the container with water to the 16 oz fill line as indicated on the mixing container.  
**Drink the entire amount.**

### **Important**

**STEP 3.** Over the next hour, drink 2 additional 16 oz containers of plain water. You are strongly encouraged to drink as much other clear liquids as you want until midnight. **NOTHING BY MOUTH AFTER MIDNIGHT UNLESS IT IS ASSOCIATED WITH THE BOWEL PREP IN THE MORNING.**

### **The Day of Your Procedure: (Second Dose)**

You **MUST** complete the second dose **6 hours** before your scheduled procedure time. – (Repeat Steps 1 through 3).

Once you have completed the second dose of Suprep, **NOTHING BY MOUTH UNTIL AFTER THE PROCEDURE**

Note: Failure to take the prep as indicated may result in a poorly cleansed colon.