

Preparation #4
Split dosing SUPREP

Day Prior to your procedure

- 1.) **Drink clear liquids the entire day (including breakfast).** Clear liquids include; water, bouillon, apple juice, white grape juice, pulp free lemonade, sprite, ginger ale, coffee or tea without milk or non-dairy creamers, ice tea, Gatorade, plain Jello (no added fruit or toppings, no red, purple or blue Jello).
- 2.) **Do not eat solid foods all day.** No orange juice, tomato juice, grapefruit juice, prune juice or milk products.
- 3.) Starting between the hours of 6-7 p.m. – Pour ONE (1) 6 – ounce bottle of SUPREP liquid into the mixing cup. Add cool water to the 16 ounce line of the container and mix.
- 4.) Drink ALL the liquid in the container.
- 5.) You MUST drink two more 16 ounce containers of water over the next hour.

2nd DOSE/Completing preparation

- 6.) **Starting 5 hours before your procedure time repeat steps 3-5.**
- 7.) Please complete the preparation, even if it appears that bowel movements have already cleared.
- 8.) You may drink clear liquids **ONLY** up to 3 hours before your procedure time.