



## **Suprep Bowel Prep Instructions**

You will need to do a bowel prep to prepare for your procedure.

### **The days/week(s) before your procedure:**

- Pick up the following items from the store/pharmacy of your choice:
  - Suprep bowel prep kit (prescription will be sent to your pharmacy)
  - Clear liquids (please see box of approved clear liquids on next page)
  - Baby wipes (optional)
- Arrange for an adult to pick you up and drive you home after the procedure, as you will be under the effects of anesthesia.
- Discontinue aspirin 5 days prior to your procedure.

### **The day before your procedure:**

- **Morning:** You will need to be on a CLEAR LIQUID DIET FOR THE ENTIRE DAY BEFORE THE PROCEDURE, which means **no solid food for the entire day**. (*Note: Please disregard instructions on box stating you may have a light breakfast that day.*)
  - You may take your daily medications (except aspirin) as normal.
- **4:00 PM (or 5 PM if you have to work later):** You will drink the 1<sup>st</sup> bottle of prep from your kit, and follow it with 16 oz. of clear liquids.
  - You may dilute the bottle of prep liquid, following the instructions on the front of the box.
- **Midnight:** Nothing else to eat or drink, including water.

### **The day of your procedure:**

- **Three (3) hours prior to your scheduled procedure:** You will need to drink the 2<sup>nd</sup> bottle of prep from your kit, and follow it with 16 oz. of water.
- Arrive to the surgical center one (1) hour prior to your scheduled procedure. Do not eat or drink anything (water included) until your test is over.
- Bring your medications to the surgery center with you, so that a nurse may help you take them after your procedure.
- You may resume your normal diet, medications (aspirin included) and activities as tolerated once your procedure is completed.

**Acceptable Liquid Options:**

(**NOTHING** colored **red** or **purple** in any of the options listed below)

- Apple Juice
- Water
- Black Coffee (no creamer or dairy)
- Black Tea (no creamer or dairy)
- White Grape Juice
- Jell-O (no added fruit or topping)
- Gatorade, Powerade, Vitamin Water, Crystal Light
- Chicken or Beef Bouillon
- Clear broth
- Popsicles
- Strained fruit juices (no pulp)

**Non-Acceptable Options:**

- Any solid foods
- Dairy products (including coffee creamer)
- Juice with pulp
- Tomato juice
- Carbonated beverages
- Anything colored red or purple