

# **SUPREP INSTRUCTIONS**

## **DAY BEFORE YOUR EXAM:**

**Do not eat any solid food.** Clear liquid diet **only\*** and be sure to **hydrate throughout the day.**

\*Clear Liquids CANNOT be Red, Purple, or Blue. NO Dairy products.

## **Dose 1 - 5pm the day before your exam.**

- Step 1: At 5pm, pour ONE (6) ounce bottle of SUPREP into the mixing container.
- Step 2: Add cool drinking water and fill to the 16oz line on the container and mix.
- Step 3: Drink ALL the liquid in the container over the next hour.
- Step 4: Drink an additional (32) ounces of water during the evening **whenever you feel comfortable.**

**\*\*If nausea, bloating or abdominal cramping occurs during either dose, pause or slow the rate of drinking the solution and additional water until symptoms diminish.\*\***

## **Dose 2 - Start 5 hours before your procedure arrival time\***

\*The facility will give you this time by 6pm the evening before your test.

- Repeat steps 1-4 as above
- You may **Continue a clear liquid diet until 3 hours before your arrival time.**
- Your stool should be a clear yellow liquid. The colon must be cleared of all solid matter so that the doctor can see clearly. If your colon is not clean your exam may be canceled.
- The morning of your procedure, please take all of your normally scheduled prescription medications unless instructed otherwise by your provider.

**If you have any questions regarding these instructions, contact Centers for Digestive Health  
(219) 922-4900 Option (3)**