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