Suprep

The entire day before your procedure, you will be on a clear liquid diet. Do not eat any solid foods. A list of acceptable liquids is below for your reference. Please stay hydrated all day and drink liquids up until midnight the night before your test. After midnight do not have anything else by mouth, except the second bottle of your prep and its accompanying liquids, until after your procedure has been completed.

- **Allowed Clear Liquids** -

· Water

· Clear broths - beef or chicken

· Light-colored juices such as apple, white grape or cider

· Gatorade, Powerade, Kool-aid and Crystal Light

· Light-colored sodas such as Sprite, ginger ale, lemon-lime (No dark colors such as Coke or Pepsi)

· Tea, with no creamers

· Coffee, with no creamers

· Lemon-lime or orange Jell-O only

· Italian ices, light colors only

· Popsicles, plain and light colors only (No fruit, cream, or other dairy products)

· Salt, pepper, sugar and artificial sweeteners may be used

- **Liquids NOT Allowed** -

· Milk, cream or milkshakes of any kind whether liquid or powdered.

· Non-dairy creamers

· Tomato-based juices

· Anything red, purple or blue

Anything questionable (If you are not sure whether an item is allowed, please opt not to drink it)

At 5:00pm the day before your procedure:

Pour ONE 6-ounce bottle of SUPREP® liquid into the mixing container.

Add cool water to the 16 oz. line on the container and mix.

Drink ALL the liquid in the container.

Drink two more 16-ounce glasses of water over the next hour (finish by 6:00pm)

You may continue to drink clear liquids until midnight.

At 12:00am▼

(6hours before your procedure):

Pour ONE 6-ounce bottle of SUPREP® liquid into the mixing container.

Add cool water to the 16 oz. line on the container and mix.

Drink ALL the liquid in the container.

Drink two more 16-ounce glasses of water over the next hour (finish within 1 hour).

Please do not consume anything else by mouth after finishing the last 2 cups of water.