



## **SUPREP BOWEL PREP KIT**

★ *Must be picked up from your local pharmacy*

**THE DAY BEFORE** your colonoscopy:

- Clear liquids **ONLY**
- **NO SOLID FOODS**

**Examples of clear liquids;** water, clear fruit juices such as apple or white grape, chicken or beef broth, Jell-O, Gatorade/Powerade, popsicles, clear soft drinks such as Sprite, coffee without sugar or creamer. **NOTHING RED OR PURPLED COLORED AS THIS MIMICS BLOOD!**

**10:00AM;** Drink 8 ounces of water

**12:00PM;** Pour one 6-ounce medication bottle into the clear plastic cup provided by your pharmacy. Add clear liquids to the 16-ounce fill line on outside of plastic cup and mix. (We have been informed by previous patients that Yellow Gatorade helps reduce the bitterness of the medication) You must drink 2 more cups of clear liquid over the next hour.

**6:00PM;** Pour one 6-ounce medication bottle into the clear plastic cup provided by your pharmacy. Add clear liquids to the 16-ounce fill line on outside of plastic cup and mix. (We have been informed by previous patients that Yellow Gatorade helps reduce the bitterness of the medication) You must drink 2 more cups of clear liquid over the next hour.

**12:00AM;** **NOTHING BY MOUTH UNTIL AFTER YOUR PROCEDURE.**

**Please contact the office at 337-594-3446 for any questions.**