



Skyline Gastroenterology of West Tennessee  
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## SUPREP INSTRUCTIONS

\*Clear liquids **ALL DAY** the day before your procedure on: \_\_\_\_\_

**\*\*NO SOLID FOODS THIS DAY\*\***

“Clear liquids” means liquid without substance. Examples: Water, tea, coffee (no creamer or milk), bouillon, broth, apple juice, white grape juice, ANY soft drinks, Kool-Aid, Gatorade. Hard candy, popsicles, ice and jello (without fruit) are also OK.

**NO red or purple!! NO orange juice or other pulp-containing juices, tomato juice, milk or ice cream!!**

On \_\_\_\_\_ @ \_\_\_\_\_ mix 4 capfuls of Miralax in a 20oz Gatorade.

On \_\_\_\_\_ @ \_\_\_\_\_ pour one 6 oz bottle of Suprep liquid into the mixing cup and add cool water to the 16 oz fill line on the cup and mix. Drink ALL the liquid in the cup at this time.

**\*Continue drinking clear liquids throughout the day! \***

On \_\_\_\_\_ @ \_\_\_\_\_ pour the remaining 6 oz bottle of Suprep liquid into the mixing cup and add cool water to the 16 oz fill line and mix. Drink ALL the liquid in the cup again.

**NOTHING TO DRINK AFTER** \_\_\_\_\_.

Report to: \_\_\_\_\_ SEC-27 “B” Medical Center Dr. at \_\_\_\_\_ on \_\_\_\_\_.  
\_\_\_\_\_ JMCGRH-620 Skyline Dr. at \_\_\_\_\_ on \_\_\_\_\_.

- **Bring a DRIVER. Also bring your insurance card, photo ID, and a list of all of your medications.**
- **Notify the doctor if on any blood thinners.**
- **Take any blood pressure, heart, or seizure medications the morning of your procedure. DO NOT take any diabetic medications.**
- **If you have any questions call 731-280-0157**