

Suprep Prep

The Day Before Your Procedure:

- **Drink only clear liquids ALL DAY.** Drink 8oz of clear liquid every hour.
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
DO NOT eat solid foods or milk products. Nothing red or purple. No pulp-containing juices.
- At **2PM** mix 4 capfuls of Miralax in a 20oz Gatorade.
- **8 hours before** your arrival time, 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 to drink at least 8oz of clear liquid every hour.

The Day Of Your Procedure:

- **4 hours before** your arrival time, 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.
- **3 hours before** your arrival time, **stop drinking** any liquids.

Report to: _____SEC-27 "B" Medical Center Dr. at _____ on _____.

_____JMCGH-620 Skyline Dr. at _____ on _____.

****REMEMBER TO HOLD YOUR BLOOD THINNER, ANTI-PLATELET, ANY WEIGHT LOSS OR DIABETIC INJECTION, AND YOUR ACE INHIBITORS. PLEASE READ THE OTHER PAGES FOR A COMPLETE LIST OF MEDICINE TO HOLD OR CALL OUR OFFICE WITH ANY QUESTIONS (731) 280-0157****