

# SUPREP Bowel Prep Instructions

***PLEASE DO NOT EAT, DRINK, SMOKE, OR CHEW 3 HOURS PRIOR TO YOUR EXAM!!***

***\*\*PLEASE STOP IRON, OR BLOOD THINNERS 5 DAYS BEFORE!\*\****  
*Unless specifically instructed otherwise by your physician, keep taking all of your other regularly prescribed medications including aspirin.*

*Someone must be with you to drive you home the day of your procedure.*

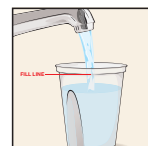
**First Dose:** Begin Step 1 at 6 PM on the evening before your procedure and proceed as shown below.



Pour **ONE** (1) 6-ounce bottle of SUPREP liquid into the mixing container.



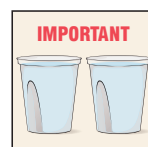
Add cool drinking water to the 16-ounce line on the container and mix.  
**NOTE:** Be sure to dilute SUPREP as shown at the right before you drink it.



Drink **ALL** the liquid in the container.



You **must** drink two (2) more 16-ounce containers of water over the next 1 hour.  
Take **2** capsules of the Simethicone 180 mg oral capsule with evening prep.  
**NOTE:** You **must** finish drinking the final glass of water at least 2 hours, or as directed, before your procedure.



**Second Dose:** Begin Step 1 at 4 AM in the morning of your procedure and proceed as shown above.  
Take 1 Capsule of the Simethicone 180 mg oral capsule with morning prep

**You will need to arrive at:  
The Medical Center, Greenview Surgery Center,  
or Greenview Hospital**

You have an appointment scheduled for a:

on

**If you experience any complications after 4:30 pm  
please call 270-781-5111 to speak with our on call physician.**

If you have any questions regarding this appointment or need to reschedule,  
please contact our office at your earliest convenience. Thank You!

**Greenview Regional Hospital**

1801 Ashley Circle  
Bowling Green, Kentucky 42104  
(270) 793-1000

**Greenview Surgery Center**

484 Golden, Autumn Way Ste 100  
Bowling Green, KY 42103  
(270) 781-5111

**The Medical Center**

250 Park Street  
Bowling Green, KY 42101  
(270) 745-1000

# Clear Liquid Diet

All day throughout the day as instructed.

**Water**

**Tea** (Hot or Cold)

**Colas** (Including Diet Colas) - Coke, Sprite, Ginger Ale, Etc. (Any flavors except red drinks)

**Bouillon or Clear Broth**

**Jell-O** (Plain - No Fruit added, any flavor except red)

**Popsicles** (No red)

**Apple Juice**

**Gatorade** (No red)

**Black Coffee** (No cream added)

**Cranberry Juice** (Ok as it's a natural red)

**Grape Juice**

**Koolaid** (No red)

**Crystal Light** (No red)

## Fiber-Free Breakfast

No substitutions to any of these foods!

**Cheese** 30 grams (1 ½ ounces)

**OR**

**Two Eggs** (fried/boiled)

(for example you could make 2 grilled cheese sandwiches or 2 fried egg sandwiches)

**Milk** ½ cup

**White Bread** (4 slices, white bread ONLY)

**Olive Oil or Butter** 1 tbsp (used to cook with)

**PLEASE DO NOT EAT, DRINK, SMOKE OR CHEW AFTER YOUR MORNING PREP!!**