

## How to Take SUPREP® BOWEL PREP KIT

### Split Dose Instructions

- **In the evening before your procedure:** Starting at 6pm, Begin your prep. Complete steps 1 through 4 using one (1) 6-ounce bottle before going to bed. Finish this step by 10 pm.
- **In the morning on the day of your procedure,** Continue your prep. Repeat steps 1 through 4 using the other 6-ounce bottle using the schedule below. **NOTE:** Your prep could begin as early as 2:30 am depending on the time of your procedure. Your prep time will begin 4 hours prior to your test and must be completed no later than 2 hours prior.

Please fill in these times when you are called for your procedure time.

PROCEDURE ARRIVAL TIME: \_\_\_\_\_

PREP START TIME: \_\_\_\_\_

PREP FINISH TIME: \_\_\_\_\_



Step 1

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



Step 2

Add cool drinking water to the 16-ounce line on the container and mix.



Step 3

Note: Be sure to dilute SUPREP as shown before you drink it. Drink ALL the liquid in the container.



Step 4

You must drink two (2) more 16-ounce containers of water over the next 1 hour.

**Note: You must finish drinking the final glass of water at no later than 2 hours before your procedure!**

**You are to have NOTHING by mouth after finishing your prep UNLESS directed to take medications with a sip of water 1 hour prior to arrival. DO NOT skip any medications you are instructed to take!**

If you experience any nausea during your prep, please do the following:

1. First SLOW down when you are drinking the prep. If you are gaggy or just can't stand the taste, you may try using a straw to help bypass the gag reflex and taste buds.
2. If Nausea persists or you begin to vomit, stop the prep and take a break. If you cannot resume within 1 hour without the threat of vomiting, You MUST call Dr. Thomas at 717-633-9086. If it is before/after normal business hours, PLEASE CALL THE ANSWERING SERVICE as prompted. Do not leave messages at the center as no one will be here to hear them.
3. If you are struggling with the Morning prep, Call the answering service promptly. We may need to delay or reschedule your procedure. If at all possible, we will use other methods to prevent such a delay.