

One Day Suprep Instructions

Date: _____ **Arrival Time:** _____

Pick-up Suprep from your pharmacy!

For your own comfort, also consider buying: A small package of Gas-X (Simethicone 125mg) and soft wipes

**Morning
before**

1

You can have a light breakfast before 10 am, such as eggs, white toast, or yogurt. Avoid whole grains, nuts, fruits, and veggies.

**5 pm
day before**

2

Pour one (1) bottle of Suprep liquid into the mixing container. Add cool water to the 16-ounce line. Drink the whole container.

**6 pm
day before**

3

Drink two (2) glasses of water, then one (1) glass of clear liquids every hour while awake.

**Five hours
before
procedure**

4

Repeat step two: Pour one (1) bottle of Suprep liquid into the mixing container, add cool water to the 16-ounce line, and drink the whole container.

**Four hours
before
procedure**

5

Do not drink any liquids four (4) hours before your procedure. Don't chew gum or suck on hard candy.