

# 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.