

Two Day Suprep Instructions

Date: _____ **Arrival Time:** _____

Pick-up two Suprep kits from your pharmacy.

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

**2 days
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. After 10 am, consume only full liquids (pudding, Ensure, soups with no solids, ice cream, protein shakes)

**5 pm
2 days 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 1-2 glasses of clear liquid every hour, 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.