

# 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.*

**First Dose:** Begin Step 1 at \_\_\_\_\_ 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 \_\_\_\_\_ 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  
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(270) 739-1000

**Greenview Surgery Center**

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Bowling Green, KY 42103  
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### **Diet Prior to Colonoscopy**

**If taking Plenvu prep (may consume fiber-free lunch in addition to breakfast)**

**If taking Clenpiq prep (clear liquids all day, no fiber-free food all day)**

#### **On the day prior to the colonoscopy:**

Eat a fiber-free breakfast **NO SUBSTITUTIONS TO ANY OF THE FOODS!** as follows:

##### **BREAKFAST**

**30 grams (1 ½ ounces) of cheese OR two eggs (fried/boiled)**

**(for example, you could make 2 grilled cheese sandwiches OR 2 fried egg sandwiches)**

**½ cup of milk, ¼ loaf of white bread (no more than 4 slices – WHITE BREAD ONLY)**

**1 tbsp of olive oil or butter (used to cook with)**

#### **Clear liquids for the rest of the day:**

Tea (Hot or Cold)

Water

Colas-Coke, Diet Coke, Sprite, Ginger Ale, etc. Any flavor (**NO RED**)

Bouillon or Clear Broth

Jell-O Plain, no fruit added and any flavor (**NO RED**)

Popsicles (**NO RED**)

Apple Juice

Gatorade (**NO RED**)

Black Coffee – **no creamer added**

Cranberry juice – this juice is okay because it's a natural red

Grape Juice

Kool-Aid any flavor but **NO RED**

Crystal Light any flavor but **NO RED**

#### **On the day of the Colonoscopy:**

**Nothing to eat or drink other than colon prep and a sip of water with morning medications.**

##### **Exceptions:**

**If the patient has constipation, then diet instructions may be adjusted by physician**