

# 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 6 PM on the evening before your procedure and proceed as shown below.

**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.

**NOTE:** Be sure to dilute SUPREP as shown at the right before you drink it.



**Step  
3**

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.

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 4 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  
Bowling Green, Kentucky 42104  
(270) 739-1000

**Greenview Surgery Center**

484 Golden, Autumn Way Ste 100  
Bowling Green, KY 42103  
(270) 781-5111

**The Medical Center**

250 Park Street  
Bowling Green, KY 42101  
(270) 745-1000



Department of Gastroenterology  
484 Golden Autumn Way Suite 201  
Bowling Green, KY 42103  
Phone: (270) 781-5111 Fax: (270) 780-0475  
<https://www.gravesgilbert.com/departments/gastroenterology/>

#### **CLEAR LIQUID DIET**

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**

#### **FIBER FREE DIET**

#### **NO SUBSTITUTIONS TO ANY OF THE FOODS!**

##### **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 (4 slices – WHITE BREAD ONLY)  
1 tbsp of olive oil or butter (used to cook with)

##### **LUNCH**

90 grams (3 ounces) of meat (beef, chicken or fish) (size of the cup/palm of your hand)  
½ cup cooked white rice  
½ cup of ice cream  
2 tbsp of olive oil (used to cook with)

##### **DINNER (to be eaten before 6 PM when starting Bowel Prep)**

30 grams (1 ½ ounces) of cheese OR two eggs (fried/boiled)  
1 cup of Jell-O  
½ cup of milk, yogurt OR pudding  
1 tbsp of olive oil (used to cook with)

**PLEASE DO NOT EAT, DRINK, SMOKE OR CHEW AFTER YOUR MORNING PREP!!**