

SUPREP

Patient Instructions

BEFORE YOUR EXAM:

You will need to purchase these two items from your local pharmacy at least 2 days prior to your appointment.

- **Gax X (Simethicone) capsules** – This is over-the-counter, no prescription needed.
- **Suprep** - A prescription is required and has been sent to your pharmacy.

THE DAY BEFORE YOUR EXAM (no solid foods - clear liquids only):

- Begin your **clear liquid diet** when you wake on: Day: _____ Date: _____
- **No solid foods** are to be eaten on this day. You may **ONLY have clear liquids.**
You may have the following items:
 - Coffee, water, or tea. **(no milk or creamer added)**
 - Carbonated beverages (soft drinks), ginger ale. No "Energy" beverages.
 - Gelatin dessert, (JELLO) plain or fruit flavored. **No red or purple coloring.**
 - Apple juice, white grape juice, or cranberry juice. **No pulp, no orange juice.**
 - Gatorade, Powerade, lemonade, or limeade. **No red or purple.**
 - Clear, fat-free, beef or chicken broths, or bouillon.
 - Snowballs, popsicles, slushes. **No red or purple coloring, no pulp.**
 - Clear hard candies, sugar, salt.
 - **Avoid any liquids not listed above.**
- **4:00 PM (the day before exam)**
Take 1 dosage of Simethicone (Gas-X) tablets or capsules. USE AS DIRECTED..
- **6:00 PM (the day before exam) before drinking the Suprep. (Best if refrigerated)**
 1. You will take one 6 oz. bottle of prep solution and put it into the mixing container.
 2. Add cool water to the mixing container up to the red fill line and mix.
 3. Drink **ALL** of the mixture in the container, and drink 2 more 16 oz. containers of water within 1-1/2 hours (2 containers full).
 4. Continue clear liquids after completing the first portion of the prep. This will help you remain hydrated, **but you must stop all liquids at midnight.**

*You may use Crystal Light to flavor the prep solution and water. No purple or red coloring.

* It may be beneficial to drink the prep from a cup with a lid using a straw.

Please have prep consumed in at least 1 hour and 30 minutes.

This entire process is required for the success of the examination.

*** * DO NOT HAVE ANYTHING TO EAT OR DRINK AFTER MIDNIGHT.....NOT EVEN WATER.....**

THE MORNING OF YOUR EXAM:

- The second part of your prep is to be done the morning of your exam.
- You will repeat steps 1-3, that were done the previous evening.
At Time: _____, Day _____, Date _____.
- **HAVE PREP CONSUMED WITHIN 1-1/2 HOURS FROM THE TIME YOU BEGIN!**

Avoid having to repeat the procedure due to a poor prep!