

San Antonio Gastroenterology
Dr Kevin J. Franklin
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INSTRUCTIONS for SUPREP

1. **ON THE DAY BEFORE THE PROCEDURE: Clear liquids only, NO SOLID FOOD.**

A) You must drink at least 8 ounces every hour of clear liquids, ALL DAY LONG, which includes

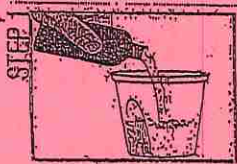
Jello, Soda, Beef or Chicken broth, Popsicle, Tea, Coffee. (see attached list).

B) You can NOT have solid foods. NO creamer or milk products.

* C) At **10:00 AM** you are to begin the first bottle of the **SUPREP**.

To prepare, follow the next 4 steps. This will induce diarrhea (which is normal) to cleanse the bowel.

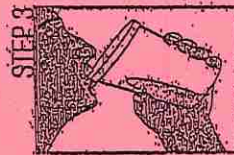
Note: Dilute the solution concentrate as directed prior to use.



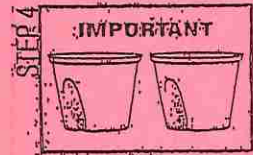
Pour ONE (1) 6-ounce Bottle of SUPREP liquid into the mixing container.



Add cool drinking water to the 16-ounce line on the container and mix.



Drink ALL the liquid in the container.



You must drink two (2) more 16-ounce Containers of water over the next hour.

* D) At **6:00 pm** repeat the 4 step instructions as above, as instructed in step C.

2. **You are to have nothing to eat or drink after midnight the night before the procedure.**

3. Someone must be available to drive you home following the procedure.

4. Blood Thinners (i.e. Coumadin, Heparin, must be discontinued one week before the procedure).

On the day of the procedure; you must bring with you a list of all medication(s) that you take on a regular basis so that a copy can be made.

Questions/Cancellations: Please feel free to contact (210) 242-0024.