

San Francisco Surgical Medical Group

Dr. Yanek S. Y. Chiu, M.D., F.A.C.S.
Dr. Michael E. Abel, M.D., F.A.C.S.

Dr. Laurence F. Yee, M.D., F.A.C.S.
Dr. Jeffrey A. Sternberg, M.D., F.A.C.S.

Dr. Michelle L. Li, M.D., F.A.C.S.
Dr. T. Philip Chung, M.D., F.A.C.S.

SUPREP Bowel Preparation - (Surgery Prep)

Please pick up prescription one (1) week prior to your procedure

IMPORTANT:

You **MUST** be on a clear liquid diet starting the calendar day before your surgery.

- No solid foods
- Only liquids as listed below

CLEAR LIQUID DIET:

Clear soup or consommé
Black coffee or tea (sugar is ok, but no milk)
Juices without pulp (apple, white cranberry, lemonade)
Plain Jell-O or popsicles (any color is ok, EXCEPT RED OR PURPLE)
NOTE: you may not have anything that is RED OR PURPLE colored

YOU MAY NOT HAVE:

Dairy products
Solid foods
Alcoholic beverages

**** Bowel preparation begins the day before your procedure, as soon as you wake up and consists of a CLEAR LIQUID DIET, for the entire day.****

Step 1: (7:00AM – Day before the procedure) on:

- Pour one (1) of the 6 ounce bottle of SUPREP into the mixing container.

Step 2: _____

- Fill water up to the 16 ounce red line of the container.
- Mix the solution with a spoon.

Step 3: _____

- Be sure to drink ALL of the solution in the container.

Step 4: _____

- Drink an additional two (2) more 16 ounce containers of water over the next hour.

Step 5: 12 NOON

- Repeat steps 1-4 above with the remaining 6 ounce bottle of SUPREP.



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.



STEP 3
Drink **ALL** the liquid in the container.



STEP 4
IMPORTANT
You **must** drink two (2) more 16-ounce containers of water over the next 1 hour.