

# Suprep SPLIT DOSE

Dr. Steve Gutnik

The Suprep carton contains 2 bottles and a disposable container for mixing. You must complete the entire prep to ensure the most effective cleansing.

**One day before your procedure:** Start a clear liquid diet beginning with breakfast. Clear liquids include: chicken or beef broth, coffee, tea, water, soft drinks, sport drinks and Kool-Aid (lemonade, orange, lime), popsicles, Italian ice, strained fruit juices (apple, white grape, white cranberry, lemonade), Jell-O and hard candies.

**DO NOT eat or drink anything RED  
or have any solid food, milk or milk products.**

**At 7:00pm:**

1. Pour one 6oz. bottle of Suprep liquid into the mixing container.
2. Add cool drinking water to the top line of the container and mix. (If preferred, mix solution ahead of time and refrigerate prior to drinking. Use within 24 hours.)
3. Drink ALL the liquid in the container.
4. You **MUST** drink two more 16oz. of water over the next hour.

**At 4:00am:**

Repeat steps 1-4.

You may have clear liquids until midnight.

**Do not eat or drink after midnight  
(with the exception of the 4am dose of the bowel prep.)**

**If you have any questions please  
call our office at 605-665-1722.**

YANKTON MEDICAL CLINIC®, P.C.  
1104 W. EIGHTH STREET, YANKTON, SD 57078  
[www.yanktonmedicalclinic.com](http://www.yanktonmedicalclinic.com)

