

**BOWEL PREPARATION FOR YOUR COLONOSCOPY WITH SUPREP**

Date of Procedure: \_\_\_\_\_ Clearance Needed: \_\_\_\_\_  
Fax to: (631) 642-3115

**DAYS PRIOR:**

**Stop taking all blood thinning medications and supplements. Examples:**

- Aspirin or Aspirin Products
- Ibuprofen, Naprosyn, Aleve, Motrin, Advil
- Blood thinners
- Multi-Vitamins, Vitamin E, Fish Oil
- Over the counter Supplements
- Tylenol is OKAY

**If you are not sure of a medication that you take, please contact us. We will call you approximately one week prior to your procedure to confirm your appointment and to notify you of your arrival time.**

**ONE DAY BEFORE THE PROCEDURE:**

**YOU ARE TO FOLLOW THESE INSTRUCTIONS, NOT THE INSTRUCTIONS IN THE KIT.**

- Clear liquid diet the entire day, no breakfast.
- Clear Liquid Diet Includes: Jello, broth (chicken or beef), bouillon, ices, juices, black coffee or tea. Sweeteners are allowed, NO milk or milk products. Nothing RED, BLUE or PURPLE in color.

**At 5:30 pm:**

- Mix the solution by pouring one bottle of prep into the container.
- Add lukewarm water and stir. Refrigerate for 1 hour if you'd like.
- Drink half a glass every 15 minutes until the container is empty.
- Immediately follow with 2-16 ounces of water.
- You may continue the clear liquid diet until midnight, NOTHING after midnight.

**DAY OF THE PROCEDURE:**

- Start the second Prep 5 hours before your procedure.
- Mix the prep the same way as you did the evening before. Drink half a glass every 15 minutes.
- Immediately follow with 2-16 ounces of water.
- YOU MUST COMPLETE THIS SECOND PREP A FULL FOUR HOURS BEFORE YOUR PROCEDURE TIME.
- NOTHING by mouth after your second prep is completed.

If you take **heart** or **blood** pressure medications in the morning, take them as usual with a sip of water. **HOLD** other medications until after the procedure, unless otherwise directed by your physician.

**We ask you to please wear warm, loose fitting, comfortable clothes, with a short sleeved shirt. No perfume, cologne or jewelry.**

**YOU MUST HAVE A RESPONSIBLE PARTY TAKE YOU HOME AFTER YOUR PROCEDURE. WE WILL BE FORCED TO CANCEL YOUR PROCEDURE IF YOU DO NOT HAVE ADEQUATE TRANSPORTATION. You are not to drive or work until the day after your procedure.**

***We require at least 48 hours notice if you need to cancel or reschedule a procedure. Failure to give this office adequate notice may result in a \$100 fee.***

If you have any questions, please contact Kathleen at (631)331-7200, Ext. 236