

SAINT CHARLES HOSPITAL 631-474-6285

MATHER HOSPITAL 631-476-2715

**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. You are to call the hospital the day before your procedure for your time. Call Saint Charles Hospital after 4:00 pm at 631-474-6285. Mather Hospital, call between 3:00 and 6:00 pm at 631-476-2715. If you are scheduled at the hospital on a Monday, you are to call the Friday before for 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.

**YOU MUST HAVE A RESPONSIBLE PARTY TO TAKE YOU HOME AFTER YOUR PROCEDURE.**  
**You are not to drive or work until the morning 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