

**Suprep Bowel Preparation for Colonoscopy**

**One (1) Week Before Your Procedure**

**Arrange a ride.** You will be sedated for your procedure and you cannot drive or return home alone. If you arrive without a responsible escort, your procedure will have to be rescheduled. There are NO exceptions.

**Stop taking iron supplements or multivitamins with iron, unless otherwise directed by your doctor.**

**DIABETIC PATIENTS:** Please make sure you have discussed your medications with your physician, as they may need to be adjusted.

**PATIENTS WITH SLEEP APNEA:** Please bring portable C-PAP machine with you on the day of your procedure.

**If you are taking Plavix, aspirin or Coumadin, please notify MMG for instructions on taking these medications for your procedure.**

**Purchase the following prescription at your local pharmacy:**

**Suprep Bowel Prep Kit.** This is a prescription and contains two 6 oz. bottles of Suprep.

**Three (3) Days Before Your Procedure**

**Stop taking any NSAIDs (anti-inflammatory medications)** such as Advil, Aleve, Motrin, aspirin, Celebrex unless taken for vascular or heart disease.

**One (1) Day Before Your Procedure**

**Breakfast/Before 10:00 am** - You may have protein shakes, eggs or white rice for breakfast. **You cannot have any other solid foods** (For example, you **cannot** have bread or other grains, oatmeal, cereal, vegetables, fruit or meat.)

**At 10:00 am – STOP** eating all **SOLID FOODS**. You will need to follow a **clear liquid diet** for the remainder of the day.

**Clear liquid diet allows:** Water, ice pops (**NOT red**), clear broth or bouillon, Gatorade or Kool-Aid (**NOT red**), strained fruit juices without pulp (apple, white grape or lemonade), coffee and tea (NO milk or non-dairy creamers), Jell-O (**NOT red**) without added fruit or toppings, carbonated and non-carbonated drinks (Ginger-ale, Sprite, 7-Up, Cola), Italian ices (**NOT red**). **If you can't see through it, you can't have it! DO NOT DRINK ANYTHING THAT IS THE COLOR RED!!**

**During the day, drink at least 64 ounces of clear liquids** – the more the better – prior to beginning your prep. This will help prevent dehydration.

**At 5:00 pm – Mix (1) 6 oz. bottle of the Suprep liquid into the mixing container. Add cold water to the fill line of container and drink entire solution.**

**At 5:30 pm – Drink 16 ounces of a clear liquid.**

**At 6:00 pm – Drink 16 ounces of a clear liquid. Afterwards, do not have anything else to drink until the second part of your prep (see next page).**

The second part of your prep will depend on your assigned arrival time. (You will be notified of your arrival time 2 days in advance.)

**If you have a scheduled arrival time between 7:00am - 9:30 am, complete these steps at 11:30pm the night before:**

**PREP:** Mix the second 6 oz. bottle of Suprep with 10 oz. of water in the mixing container (fill to the line on the container.)

**Over the next hour:** Drink two more mixing containers of water (for a total of 32 ounces).

**After completing this prep – DO NOT HAVE ANYTHING ELSE TO EAT OR DRINK BEFORE YOUR PROCEDURE.**

**If you have a scheduled arrival time after 9:30am, complete these steps the morning of your procedure:**

**DRINKING THE SOLUTION NEEDS TO BE COMPLETED 5 HOURS PRIOR TO YOUR SCHEDULED ARRIVAL TIME. For example –** If your arrival time is 10:00 am – You will need to start the prep at 4:00am and finish by 5:00 am.

**PREP:** Mix the second 6 oz. bottle of Suprep with 10 oz. of water in the mixing container (fill to the line on the container.)

**Over the next hour:** Drink two more mixing containers of water (for a total of 32 ounces).

**After completing this prep – DO NOT HAVE ANYTHING ELSE TO EAT OR DRINK BEFORE YOUR PROCEDURE.**

You must take your Heart Medications, Blood Pressure Medications and Seizure Medications, with sips of water to help you swallow the medicine. Take your morning medications as usual, but you should make adjustments so that all of your medications are taken at least three (3) hours before your procedure time.

**DO NOT EAT OR DRINK ANYTHING AFTER COMPLETING THE PREP OR YOUR PROCEDURE WILL HAVE TO BE RESCHEDULED.**

**DO NOT CHEW GUM.**

**Do not wear any jewelry to the Center.**

**Bring your escort with you to the procedure.**

Although most procedures will be completed within 30 minutes, many factors determine your total time spent at the facility. In making your plans for the day, you should plan on spending approximately 2-4 hours at the facility.

**Please follow these instructions carefully. If you are unsure of anything that needs to be done, do not hesitate to call our office (732-577-1999). Failure to follow the preparation correctly may result in an inconclusive study that will need to be repeated.**