



156 William Street, 4<sup>th</sup> Floor  
New York, N.Y. 10038  
Office: (646) 215-2244 / Fax: (646) 215-2245  
[www.LibertyEndoscopy.com](http://www.LibertyEndoscopy.com)

## Colonoscopy with SUPREP Instructions

Procedure Date \_\_\_\_\_ Start Time \_\_\_\_\_ Arrival Time \_\_\_\_\_

### **Preparation**

Please read these instructions carefully at least one week prior to your exam. You will be provided a prescription for a SUPREP Bowel Prep KIT, which may be purchased at your pharmacy. **Please purchase at least 3 days prior to your procedure.**

### **PRE-PROCEDURE DIET and MEDICATION INSTRUCTIONS**

**SEVEN DAYS** before your procedure, stop taking non-steroidal anti-inflammatory medications (NSAID) such as Aleve, Ibuprofen, Advil, Motrin, Naproxen, Bufferin, and Excedrin. This does not include Tylenol. Also, please stop taking iron supplements and Pepto-Bismol at this time.

**\*\*If you are taking Aspirin, Plavix, or Coumadin for a heart condition, please inform your gastroenterologist as a discussion will need to take place between your primary care doctor and gastroenterologist for appropriate instruction prior to the procedure.**

**THREE DAYS** before your procedure please avoid eating corn, popcorn, nuts, seeds, fruits, green peas, beans or tomatoes. Fibers from these foods clog the scope

**THE DAY BEFORE YOUR PROCEDURE:** You may have a low-fiber breakfast before 9am. **After this meal, start a clear liquid diet. Keeping well-hydrated *before* you begin taking the prep will improve the preparation of your procedure.**

**You can drink clear liquids up to 2 hours prior to the appointment.** Avoid juices with pulp such as orange or grapefruit juice. **No dairy products, cream or soy.** Coffee and tea are OK. Examples of clear liquids include broth or bouillon, Jell-O, clear juices (white grape or apple), sports drinks such as Gatorade or PowerAde, sodas such as Sprite, 7-Up, ginger ale, lemonade, popsicles, coffee or tea and of course, water. Avoid red or purple colored liquids. You may use sugar, honey or lemon. **It is important that you drink as much fluid as you can throughout the day.** It is also worthwhile to get a supply of aloe wet wipes and Destin ointment to ward off a sore bottom.



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## **TAKING THE SUPREP BOWEL PREPARATION**

The SUPREP Bowel Prep Kit contains two 6-ounce bottles of liquid bowel prep and one 16-ounce mixing container. Please complete the entire prep to ensure the most effective cleansing. However, keep in mind that you will take half of the kit in the evening prior to the procedure (Part 1) and the remaining half of the kit the morning of the procedure (Part 2). For early morning procedures this does require waking up very early. This is called SPLIT Dose Preparation and is the **most effective** method to achieve a cleanly prepared colon.

### **If your appointment is between 7am and 12pm:**

**Part 1 – 5:00PM the day before your procedure**, pour one of the bottles of SUPREP liquid into the mixing container. Add cool drinking water to the 16-ounce line on the container and mix. Drink ALL the liquid in the container. Please drink 2 more 16-ounce containers of water or any clear liquid of your choice over the next hour (Steps 1-4, see Figure below).

**Part 2 – Roughly 4 hours prior to your procedure time the morning of your procedure**, repeat Step 1-4 (see figure) using the remaining bottle of SUPREP liquid. Please drink 2 more 16-ounce containers of water or any clear liquid of your choice after completing the second dose (see Figure below). The bowel preparation is best completed in 1 hr. You may not drink any further liquids within 2 hours of your procedure.

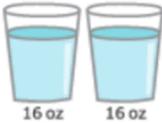
### **If your appointment is between 12pm and 4pm:**

**Part 1 – 7:00PM the evening before your procedure**, pour one of the bottles of SUPREP liquid into the mixing container. Add cool drinking water to the 16-ounce line on the container and mix. Drink ALL the liquid in the container. Please drink 2 more 16-ounce containers of water or any clear liquid of your choice over the next hour (steps 1-4, see Figure below).

**Part 2 – 8:00AM the morning of your procedure**, repeat Step 1 using the remaining bottle of SUPREP liquid. Remember, please drink 2 more 16-ounce containers of water or any clear liquid of your choice after over the next hour after completing the second dose (steps 1-4, see Figure below). You may not drink any further liquids within 2 hours of your procedure.



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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	<b>IMPORTANT</b> 	You MUST drink two (2) more 16-ounce containers of clear liquid of your choice over the next 1 hour

### **THE DAY OF YOUR PROCEDURE:**

You may consume only clear liquids until up to 2 hours prior to your procedure. After that, please do not consume anything by mouth (not even water).

You may take essential medication on the morning of your test with a small amount of water.

If you are diabetic, please do not take insulin before your procedure. Following the procedure, you should eat and take half of your regular morning dose. If you take oral medication for diabetes, do not take it before your procedure. Following your procedure, you may eat and take your diabetes medication.



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### **ESCORT POLICY**

Please remember that it is REQUIRED that someone picks you up after the procedure. Your escort does not have to be present for the entire procedure and can be called when you are in recovery.

### **CANCELLATION POLICY**

If you need to cancel, please call the office at least 48 hours before the date of your procedure so we may offer your appointment to a patient on our waiting list.

### **Commonly asked Questions:**

#### ***How do I know if my prep is adequate?***

The stool should be watery in consistency. It does not have to be clear in color like water since digestive juices will continue to tint the stool yellow and small flecks of debris are not a problem as long as the stool is not muddy or thick. If there is any question, you can self-administer a fleet enema prior to leaving home for the procedure.

#### ***What side effects may I expect?***

Since the prep works by flooding the intestinal tract with fluid, abdominal bloating and cramping may occur, as well as some nausea and vomiting. This is usually temporary, and as the diarrhea develops, symptoms will gradually improve. Weakness can also occur, especially if you have not taken enough fluid with the prep and can be remedied by increasing fluid intake (especially with the sports drinks such as Gatorade or PowerAde).

#### ***Will the prep interfere with my other medications?***

Medications taken at least an hour before beginning the prep should be adequately absorbed, but thereafter, they are likely to be washed away by the prep.

#### ***What if I have other questions?***

Call our office (212-227-3688) to address any other concerns not answered here.