

*Barry M. Zingler, MD • Mitchell K. Spinnell, MD • Michael E. Meiningner, MD • Marc A. Fiorillo, MD
Eugene S. Han, MD • Kyoung S. Baek, APN • Tatiana Valderrama, MSN, APN-BC*

Colonoscopy with SUPREP AFTERNOON

YOU MUST HAVE SOMEONE DRIVE YOU HOME FROM THIS PROCEDURE DUE TO THE EFFECTS OF
ANESTHESIA

NJ State Law will consider you intoxicated if you drive following anesthesia.

****Absolutely NO exceptions will be made. If you plan to drive home, you will not be receiving
anesthesia****

ONE DAY BEFORE THE PROCEDURE:

You may have 2 eggs and toast OR plain yogurt with NO FRUIT no later than 10 A.M. and then you must be on a CLEAR liquid diet throughout the rest of the day-**NO SOLID FOODS!!** Avoid ALL liquids that are RED in color. Avoid ALL dairy products and juices with pulp, such as orange.

CLEAR LIQUIDS INCLUDE:

- Soups: Clear broth, such as chicken, vegetable and beef or consommé.
Juices: White cranberry, white grape, apple, strained limeade and lemonade (NO PULP)
Beverages: Tea, coffee, sugar, Kool-Aid, diet and regular soda (any flavor), Vitamin Water, Gatorade, sports drinks, and regular water, NOT RED in color. Remember no cream or milk in tea/coffee
Desserts: Water ices, Italian ices, Popsicles, Jell-O any flavor – NOTHING RED IN COLOR IT

IS IMPORTANT YOU DRINK AS MUCH FLUID AS YOU CAN THROUGHOUT THE DAY!

****SUPREP IS PRESCRIPTION ONLY WHICH CAN BE FILLED AT YOUR PHARMACY:**

SUPREP BOWEL PREP KIT INCLUDES (2) 6oz BOTTLES WHICH IS REQUIRED FOR A COMPLETE PREPARATION

- STEP 1: POUR (1) 6OZ BOTTLE OF SUPREP LIQUID INTO THE MIXING CONTAINER.
STEP 2: ADD COOL DRINKING WATER OR A CLEAR FLUID TO THE 16oz LINE ON THE MIXING CONTAINER AND MIX. (DILUTE THE SOLUTION CONCENTRATE AS DIRECTED PRIOR TO USE).
STEP 3: DRINK ALL OF THE LIQUID IN THE CONTAINER.
STEP 4: ****IMPORTANT**** YOU MUST DRINK (2) MORE 16oz CONTAINERS OF WATER OR ANY CLEAR LIQUID OVER THE NEXT 2 HOURS.

THE EVENING BEFORE THE PROCEDURE:

AT **9:00 P.M.** FOLLOW STEPS 1-4 AS LISTED ABOVE (FIRST DOSE)

THE DAY OF PROCEDURE:

AT ___ **A.M.** FOLLOW STEPS 1-4 AS LISTED ABOVE (SECOND DOSE)
YOU MUST DRINK THIS ENTIRE 2ND DOSE WITHIN ONE HOUR-**THEN DO NOT HAVE ANYTHING BY
MOUTH UNTIL AFTER PROCEDURE!!!!**

*IT USUALLY TAKES ABOUT AN HOUR TO BEGIN TO HAVE A BOWEL MOVEMENT. YOU MAY NOTICE SOME BLOATING OR CRAMPING AT THE BEGINNING OF THIS PREP, WHICH USUALLY, GRADUALLY IMPROVES ONCE THE BOWEL MOVEMENTS BEGIN.

If you are taking diabetes medicine or blood thinning medications such as aspirin, Coumadin, Plavix, Lovenox, Effient, Pradaxa, Arixtra, Brilinta, Aggrenox, Eliquis, or any anti-inflammatory drugs, such as Celebrex, Aleve, or Motrin please consult your prescribing physician about discontinuation. Do not stop any medications without consulting your prescribing physician. You CAN take your blood pressure and/or anti-seizure medications with a sip of water on the morning of your procedure. Please inform us if you have a defibrillator with the company/brand name.