

# *Gastrointestinal Associates of Rockland*

500 New Hempstead Rd New City NY 10956

845-362-3200

Fax: 845-290-8180

## **SuPREP**

### PREPARATION FOR COLONOSCOPY

*\*Unless directed by the physician, if you take heart or blood pressure medication, you may take with only a sip of water at your normally scheduled time as well as take your inhaler at your normally scheduled time. \*If you are taking Warfarin, Coumadin, Plavix, clopidogrel bisulfate, or diabetic medication, discuss this with the physician prior to your scheduled procedure date.*

- **STOP PRADAXA FIVE (5) DAYS PRIOR TO PROCEDURE.**
- **STOP EFFIENT SEVEN (7) DAYS PRIOR TO PROCEDURE.**
- No aspirin or aspirin containing products, Alka-seltzer, anti-arthritis or anti-inflammatory medications for seven (7) days prior to the scheduled procedure date. Tylenol is fine.
- No Metamucil, Fibercon, Citrucel or iron supplements five (5) days before your procedure.
- No vegetables for two (2) days before the procedure.

Fill your prescription for SuPREP

Please follow the preparation carefully and call the office if you have any questions:

#### **24 HOURS BEFORE YOUR PROCEDURE:**

Start a clear liquid diet – water, apple juice, coffee, tea (without milk or nondairy creamer), broth, Jello, ices, (nothing red or purple).

#### **For a morning procedure:**

At **5pm** the evening before the procedure, take ONE of the bottles of SuPrep liquid and pour into the mixing container. Add cool water to the fill line and mix. Drink ALL of the solution at once. You MUST drink 2 more containers full of water over the next hour to complete the first part of your preparation.

At **9pm** the evening before the procedure, you will repeat the process; Mixing the second bottle of SuPrep. Drink ALL of the solution at once. Again, you must drink 2 more containers full of water over the next hour. Your preparation is now complete.

**Nothing else by mouth (not even water) until after procedure.**

#### **For a procedure scheduled after 2 PM:**

At **6am** the morning of the procedure, take ONE of the bottles of SuPrep liquid and pour into the mixing container. Drink ALL of the solution at once. You MUST drink 2 more containers full of water over the next hour to complete the first part of your preparation.

At 10 AM the morning of the procedure, you will repeat the process; Mixing the second bottle of SuPrep. Drink ALL of the solution at once. Again, you must drink 2 more containers full of water over the next hour. Your preparation is now complete.

**Nothing else by mouth (not even water) four (4) hours before your scheduled procedure. You must have someone to drive you home following the procedure due to the medication given at the time of the procedure. Please check with your insurance**

**regarding authorization. PLEASE BRING YOUR MEDICATION LIST WITH YOU!**