

Gastrointestinal Associates of Rockland

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SuPREP

PREPARATION FOR COLONOSCOPY

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

If you have a cardiac history, please have your cardiologist fax over your most recent evaluation, prior to your procedure, attention Ramapo Anesthesia. 845-290-8180

- No Alka-seltzer, anti-arthritis or anti-inflammatory medications for 72 hours prior to the scheduled procedure date. Tylenol is permitted.
- No Metamucil, Fibercon, Citrucel or iron supplements five (5) days before your procedure.
- No vegetables, seeds or nuts for two (2) days before the procedure.
- No lotion applied to arms or torso day of procedure (to allow for placement of EKG leads)

Please do not chew gum.

Fill your prescription for SuPREP at your local pharmacy.

DO NOT FOLLOW INSTRUCTION ON THE BOX-ONLY OUR PRINTED INSTRUCTIONS!!

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, tea (without milk or nondairy creamer), broth, Jello, ices, (nothing red or purple).

FOR A PROCEDURE BETWEEN (8AM AND 11AM)

At **4pm** 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 **8pm** the evening before the procedure, you will repeat the process; Mixing the second bottle of SuPrep and adding 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 second part of your preparation. Your preparation is now complete.***You may drink Clear liquids until midnight.

Nothing else by mouth (not even water) after midnight the day before your procedure!

***FAILURE TO COMPLY WITH THESE INSTRUCTIONS WILL RESULT IN YOUR PROCEDURE BEING DELAYED OR CANCELLED.**

FOR A PROCEDURE (BETWEEN 11:00 AND 4:30)

At **6pm** 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 **6am** the morning of the procedure, you will repeat the process; Mixing the second bottle of SuPrep and adding 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 second part of your preparation. You **must** finish all liquids by 7am. Your preparation is now complete.

Nothing else by mouth (not even water) until after your procedure!

***FAILURE TO COMPLY WITH THESE INSTRUCTIONS WILL RESULT IN YOUR PROCEDURE BEING DELAYED OR CANCELLED!**

You must have someone to drive you home following the procedure due to the medication given at the time of the procedure. If you use a taxi or car service, you must have someone else accompany you. You are not to travel alone. Please check with your insurance regarding authorization. PLEASE BRING YOUR MEDICATION LIST WITH YOU! TY