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PATIENT NAME: _____

PROCEDURE: COLONOSCOPY____ OTHER_____

FACILITY: KINGSTON HOSPITAL____ Other _____

DATE OF PROCEDURE: _____ ARRIVAL TIME: _____

AVOID aspirin/aspirin products, Advil/Motrin/Aleve/Ibuprofen, Vitamin E (multi-vitamins w/E), fish oil, flaxseed oil or foods with SEEDS for 5-7 days prior to procedure. (Tylenol and acetaminophen products are okay.)

****YOU must consult your prescribing physician about stopping: Coumadin, Plavix, Pradaxa, Eliquis, or Xarelto, prior to a procedure if you take these medications or a generic equivalent.**

****YOU must consult your prescribing physician about diabetic medication and insulin dosages prior to a procedure if you are a diabetic.**

YOU MUST HAVE SOMEONE TO DRIVE YOU HOME THE DAY OF PROCEDURE. NO DRIVING FOR THE REST OF THE DAY! YOU SHOULD HAVE ADULT SUPERVISION FOR 12-24 HOURS AFTER THE PROCEDURE.

[] SUPREP BOWEL PREP

The day before the procedure:

For breakfast, lunch and dinner (until midnight), *****CLEAR LIQUIDS ONLY*****. This includes: Broth, tea, coffee(without milk), Gatorade, Crystal Lite, ice pops, soda, apple juice, white grape juice, tap or bottled water, yellow or green jello. It is also important to drink broth for salt intake and juice or soda for the sugar intake. **Avoid items with artificial red dye.**

STEP 1. At 12:00 NOON

At 12:00 noon, pour one 6oz bottle of SUPREP into the mixing container provided. Add cool drinking water to the 16oz line on the container and mix. Drink ALL the liquid in the container. **Important:** You **MUST** drink 2 more 16oz containers of water over the next 1 hour.

STEP 2. At 8:00 PM, Repeat Step 1

At 8:00 PM, pour one 6oz bottle of SUPREP into the mixing container provided. Add cool drinking water to the 16oz line on the container and mix. Drink ALL the liquid in the container. **Important:** You **MUST** drink 2 more 16oz containers of water over the next 1 hour.

Important Notes:

- Both bottles are required for a complete prep.
- Both bottles must be diluted with 10ounces of water before drinking.

STEP 3. NOTHING TO EAT OR DRINK AFTER MIDNIGHT, NOTHING UNTIL AFTER PROCEDURE.