

Ivan Friedrich, M.D.  
Kenneth P. Rubin, M.D.  
Vincent S. Panella, M.D.  
Mark S. Sapienza, M.D.  
Irina Kaplounov, M.D.  
Sandarsh R. Kancherla, M.D.  
Diplomates, American Board of Gastroenterology and Internal Medicine  
420 Grand Avenue  
Englewood, N.J. 07631  
(201)569-7044

## **Suprep Colonoscopy Prep**

NAME: \_\_\_\_\_ PHYSICIAN: \_\_\_\_\_

DAY AND DATE: \_\_\_\_\_ TIME: \_\_\_\_\_ ARRIVE AT: \_\_\_\_\_

PLACE: \_\_\_\_\_ REPORT TO: \_\_\_\_\_

Please note: There is a 24 hour cancellation policy. For procedures cancelled with less than 24 hours notice, a fee of \$125 dollars will be assessed.

### **1 week Before your test**

- Check with our office for specific instructions if you take ANY blood thinning medications (Coumadin, Pradaxa, Effient, Aspirin (Ecotrin), Eliquis, Xarelto, Plavix, etc.)
- Check with your physician for specific instructions if you take ANY diabetes medications (Insulin, Metformin, Janumet, Glipizide, etc.)
- Pick up Suprep solution from your pharmacy
- STOP oral iron 5 days before test  
(Vitamins with iron are OK)

### **DAY Before your test**

- START a CLEAR LIQUID DIET when you wake up
- NO RED LIQUIDS (No milk, No orange juice)
- Gatorade, juice, water, ice pops, tea, coffee are OK
- At 10AM DRINK 1<sup>st</sup> dose of Suprep after mixing as per instructions on Suprep container
- THEN drink TWO (2) 16 oz glasses of drinking water  
Use LOLLIPOPS (RED ones are OK)
- At 8PM DRINK 2<sup>nd</sup> dose of Suprep
- THEN drink TWO (2) 16oz glasses of drinking water
- Continue CLEAR LIQUID diet
- Get some sleep

### **DAY of your test**

- TAKE all your usual medications when you wake up with a sip of water
- Continue CLEAR LIQUID diet
- 4 Hours before your test: STOP ALL oral intake-NOTHING!!!  
NO gum or candy  
NO cologne, perfume, or lotions please!
- You must have a ride home-NO Driving until the following day!
- For all women of child-bearing age, a urine pregnancy test must be done on arrival at the center.