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**Gastroenterology • Hepatology • Gastrointestinal Endoscopy**

**Colonoscopy with SUPREP MORNING**

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:**

Throughout the entire day, you MUST be on a clear liquid diet ONLY!! NO SOLID FOODS!!! Avoid ALL liquids that are RED in color. Avoid ALL dairy products along with juices/liquids that contain pulp.

**CLEAR LIQUIDS INCLUDE:**

Soups: Clear broth, such as chicken, vegetable and beef or consommé.

Juices: White cranberry, white grape, apple, strained limeade and lemonade, orange (ALL 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 THENEXT 2 HOURS

**THE EVENING BEFORE THE PROCEDURE:**

**AT 7:00 P.M.** BEGIN STEP 1 AND PROCEED AS LISTED ABOVE. (FIRST DOSE)

**AT 11:00 P.M.** BEGIN STEP 1 AND PROCEED AS LISTED ABOVE. (SECOND DOSE)

\*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.

YOU MAY CONTINUE TO DRINK CLEAR LIQUIDS UP UNTIL MIDNIGHT.

**THE DAY OF PROCEDURE: DO NOT EAT OR DRINK ANYTHING, NOT EVEN WATER!!!**

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If you are taking 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, they may have to be discontinued up to 7 days prior to your procedure.

Consult your prescribing physician about those and medication for diabetes. Do not stop any medications without consulting your prescribing physician. Please discontinue vitamin E and any iron supplements you may be taking 7 days prior to your procedure. 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.