

Affiliates in Gastroenterology, PA
Colonoscopy Prep – Suprep Bowel Prep Kit (appointment after 9:00 AM)
Follow these instructions. Disregard the manufacturer's instructions.

Colonoscopy is a routine, safe and pain free procedure used to examine the colon. These are the steps that you must take before the procedure. **WITH THE CONSENT OF YOUR CARDIOLOGIST/INTERNIST, PATIENTS ON COUMADIN, PLAVIX, LOVENOX OR PRADAXA SHOULD DISCONTINUE MEDICATIONS 1-5 DAYS PRIOR TO THE COLONOSCOPY.** Check with cardiologist/internist on how long to hold these medicines. **IDEALLY, IRON SHOULD BE AVOIDED FOR 7 DAYS, IF POSSIBLE. TYLENOL AND/OR MULTIVITAMINS ARE ALLOWED.** If you are unsure of other medications you may be taking, check with our office.

Individual responses to laxatives vary. This Prep is designed to cause multiple liquid bowel movements. It may cause nausea or vomiting. It often works within 30 minutes, but may take as long as 4 – 8 hours. Please remain within easy reach of toilet facilities.

This is our preferred preparation. If cost is prohibitive, use Miralax prep or call our office.

NOTE: SINCE YOU WILL BE UNABLE TO DRIVE AFTER THE PROCEDURE, PLEASE HAVE A DRIVER ACCOMPANY YOU. YOU MAY NOT DRIVE A VEHICLE UNTIL THE NEXT DAY.

Day before the colonoscopy: DO NOT EAT ANY TYPE OF SOLID FOOD. FOLLOW A CLEAR LIQUID DIET ONLY.

Clear Liquid Diet

Clear fruit juices (no orange or tomato juice), Gatorade, soft drinks, broth, bouillon, Jell-o, ice popsicles, coffee, tea, water and Italian ice. No milk or milk products, nuts, seeds, red or purple liquids.

Day before colonoscopy, at 5 PM, take the first dose of SUPREP.

- Pour one (1) 6-ounce bottle SUPREP liquid into the mixing container.
- Add cool drinking water to the 16-ounce line on the container and mix.
- Drink ALL of the liquid in the container.
- You MUST drink two (2) more 16-ounce containers of water over the next (1) hour.
- Continue to drink more clear liquids.

Day of colonoscopy, four (4) hours before your procedure time, take the 2nd dose of SUPREP.

- Pour one (1) 6-ounce bottle of SUPREP liquid into the mixing container.
- Add cool drinking water to the 16-ounce line on the container and mix.
- Drink ALL of the liquid in the container.
- You MUST drink two (2) more 16-ounce containers of water over the next (1) hour.

DO NOT EAT OR DRINK ANYTHING AFTER COMPLETION OF THE SECOND DOSE. YOU MUST BE DONE DRINKING THREE (3) HOURS PRIOR TO YOUR PROCEDURE.

Name _____ Date _____

REPORT TO:

_____ Florham Park Endoscopy Center, 195 Columbia Turnpike, Florham Park, N.J.
(across from Crescent Plaza, Starbucks and Kings) (973-410-1800)

_____ Hanover Endoscopy Center of Northern NJ 91 S. Jefferson Road Whippany, NJ
973-929-6800

_____ St. Barnabas Medical Center, 1300 Short Stay Unit, Old Short Hills Rd, Livingston, N.J.
(973-322-5062)

_____ St. Barnabas Ambulatory Care Center, Main Entrance, 200 South Orange Avenue,
Livingston, N.J. (opposite Livingston Mall) (973-322-7723)

_____ Morristown Memorial Hospital 100 Madison Avenue Morristown, NJ (973-971-5088)

_____ Morristown Surgical Center 111 Madison Avenue 4th floor Morristown, NJ (973-971-6970)

REGISTER AT: _____ A.M. P.M., PROCEDURE AT: _____ A.M. P.M.

Morristown Office
Drs. Samach, Wallach
Rosen, Morton
973-455-0404

Morristown Office
Dr. Stein
973-410-0960

West Orange Office
Drs. Sloan, Schrader,
Schuman, Askin,
Rosenthal
973-731-4600