

Gastroenterology Consultants of Long Island

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Date & Time: _____

SUPREP COLONOSCOPY PREP

THE DAY BEFORE THE PROCEDURE:

NO SOLID FOOD, YOGURT, MILK OR DAIRY PRODUCTS AT ALL. Coffee, tea, water, carbonated beverages, sports drinks, jello (no red), ice tea, Italian ices, broths, ice pops are all acceptable

1. Beginning at **5PM** on the day before your colonoscopy, pour one of the 6-ounce bottles of SUPREP liquid into the mixing container. Add cool drinking water to the 16-ounce line on the container and mix.
2. Drink **ALL** the liquid in the container. You **MUST** drink **TWO** more 16-ounce containers of water over the next hour. (Fill the cup up 2 more times with plain water and drink)
3. You are encouraged to continue to drink as much clear liquid as possible until the next dose of Suprep.
4. At **9:30PM** pour the 2nd 6oz. bottle of the SUPREP liquid into the mixing container. Add cool water to the 16 oz line on the container and mix.
5. Drink **ALL** liquid in the container. You **MUST** drink 2 additional 16oz containers of water over the next hour. You may continue to drink clear liquids until bedtime.

THE DAY OF THE PROCEDURE:

1. You should take your blood pressure and heart medications early in the morning with a small sip of water all other medications should be held until after your procedure unless your doctor has told you differently.
2. **HAVE NOTHING ELSE TO EAT OR DRINK, NOT EVEN WATER, until after your procedure.**

****You are NOT permitted to drive yourself home from your procedure! You must have a responsible adult with you when you arrive for your procedure to accompany you home. You may use a taxi, car service, or public transportation ONLY IF you have a responsible adult to accompany you. Failure to follow these instructions will result in cancellation of your procedure even if you have completed a preparation.**

HOLD THE FOLLOWING MEDICATIONS FOR YOUR PROCEDURE: