



Colonoscopy Prep Instructions with SUPREP

Important Information

Please call us at [212-434-3427](tel:212-434-3427) if:

- You cannot make your appointment (must be 1 week early notice)
- You're concerned your prep is not working
- You have any questions or concerns

Pre-Procedure Checklist: 1 week before procedure

- Do blood work / EKG (fax to 212-434-6275) – as determined by your provider
- Get SUPREP kit



- Stock up on clear liquids (any liquid that you can see through (water, tea, black coffee, clear broth, apple juice, ginger ale, sports drinks). Jell-O, flavored ices, hard candies, and gum are OK. Mint tea can be soothing.
 - Avoid juices with pulp and anything with red, blue, or purple color
- Talk to your doctor about any clearances you may need or possible medicine adjustments like:
 - Blood thinners
 - Diabetes medicine
 - Cardiac issues
- **Important:** Arrange who will drive you home after your procedure ahead of time. You cannot take public transportation, a taxi, or rideshare unless you have another adult with you.



How to Prep for Your Colonoscopy

<p>1 day before your procedure</p>	<ul style="list-style-type: none"> ● Follow a clear liquid diet for the day <ul style="list-style-type: none"> ○ Clear liquids are: water, tea, black coffee, clear broth, apple juice, ginger ale, Gatorade, and mint tea ○ Flavored ice, hard candies, and gum are OK ● @ 6pm SUPREP mix prep <ul style="list-style-type: none"> ● Pour 1 bottle (6 oz.) of SUPREP into the mixing container ● Fill the container to the 16 oz line with a clear liquid and drink ● Drink 2 more 16 oz. containers of water or clear liquid over the next 1 hour
<p>6 hours before your procedure</p>	<ul style="list-style-type: none"> ● SUPREP mix prep <ul style="list-style-type: none"> ● Pour 1 bottle (6 oz.) of SUPREP into the mixing container ● Fill the container to the 16 oz line with a clear liquid and drink ● Drink 2 more 16 oz. containers of water or clear liquid over the next 1 hour ● You may need to wake up very early to complete the prep <ul style="list-style-type: none"> ○ This helps you get a good prep so you don't need to repeat the process all over again! The timing of drinking your prep is critical. ● Do NOT eat or drink (including water) after finishing your prep ● Do NOT smoke

Procedure Checklist & Hospital Arrival

- Take your regular morning medicine with with small sips of water
- **You cannot drive after the procedure or take public transportation.** Please have someone at the hospital to take you home.
- Arrive at the hospital **1 hour before your procedure time**