Colonoscopy Prep – Suprep Bowel Prep Kit (appointment before 9:00 AM)

Follow these instructions. Disregard the manufacturer’s instructions.
This is our preferred preparation. If cost is prohibitive, use Miralax prep or call our office.

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.

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.

Four (4) hours after taking the first dose of Suprep, 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.

YOU MAY DRINK CLEAR LIQUIDS UNTIL THREE (3) HOURS PRIOR TO YOUR PROCEDURE APPOINTMENT TIME.

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 Morristown Office
Drs. Samach, Wallach Dr. Stein
Rosen, Morton 973-410-0960
973-455-0404

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