

AFFILIATES IN GASTROENTEROLOGY, P.A.**Preparation for Colonoscopy — SUPREP Bowel Kit (appointments for 10AM and after)**

- If you have a **defibrillator**, are on **dialysis**, or are **significantly overweight (BMI>50)**, you must schedule your procedure at a hospital (not an outpatient endoscopy center).
- If you take certain diabetes or weight loss medicines including **Ozempic, Rybelsus, Wegovy, Mounjaro, Adlyxin, Trulicity, Victoza, Saxenda, Byeta, or Bydureon**, you must stop your medicine at least 8 days prior your colonoscopy.
- For 5 days prior to your colonoscopy, avoid fiber supplements, seeds, nuts, skins of fruits and vegetables, whole grain bread and bars.
- Iron, vitamin E, and NSAIDs (e.g. ibuprofen, naproxen, and diclofenac) should be stopped 3 days before your colonoscopy. Tylenol, aspirin, and multivitamins are permitted.
- If you take blood thinners or anti-platelet agents such as Coumadin, Eliquis, Xarelto, Pradaxa, Plavix, Effient, or Brilinta, you must contact your **cardiologist/internist** to find out when to stop your medication.
- No marijuana 12 hours before the procedure.
- Due to the sedation for your procedure, you **must** be accompanied by a driver. No driving is permitted until the following day

FOLLOW THESE INSTRUCTIONS (please disregard the manufacturer's instructions):**The day before the colonoscopy—all day:**

Follow a **clear liquid diet**. Do not eat any solid food (including breakfast). Drink as much fluid as you can throughout the day. **The day before the colonoscopy, at 7 PM:**

- 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.
- Continue to drink more clear liquids

On the **day of** the Colonoscopy take the 2nd dose **5 hours before** the procedure time,

- 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
- **Optional:** If you do not feel clear after completing the prescribed prep, take 3 capfuls of Miralax in 8 oz of water. You may repeat this until the stool is clear.

You must **complete the entire preparation at least 3 hours** before your procedure start time. Do not drink any liquids (including Miralax) within 3 hours of your procedure or it may be canceled.

Name: _____ Procedure Date: _____

REGISTER AT: _____ AM. PM. PROCEDURE AT: _____ AM. PM.

REPORT TO:

Florham Park Endoscopy Center, 195 Columbia Turnpike, Florham Park, NJ. 07932 Phone: 973-410-1800

Hanover Endoscopy Center of Northern NJ. 91 South Jefferson Rd, Suite 300 Whippany, NJ. 973-929-6800

Cooperman Barnabas Medical Center, Cooperman Family Pavilion, Main Entrance, 94 Old Short Hills Rd, Livingston, NJ 07039 Phone: 973-322-5062