

**Monmouth Gastroenterology, LLC**



A Division of Allied Digestive Health

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**Doctors: Baig, Belitsis, Fiest, Gorcey, Merikhi and Uppal**

PATIENT NAME: \_\_\_\_\_ Date: \_\_\_\_\_

Time: **THE FACILITY WILL CALL YOU WITH THE EXACT TIME EITHER ONE OR TWO DAYS PRIOR TO YOUR PROCEDURE.**

**SUPREP BOWEL/SPLIT DOSE – PREPARATION FOR COLONOSCOPY**

**Please follow the below instructions—not the instructions printed on the package**

**FIVE DAYS BEFORE Your Scheduled Colonoscopy:** If you have diabetes or take blood thinners (Coumadin, Plavix, Ticlid, Aspirin, etc.) and did not tell the doctor, inform the doctor immediately. Generally you should stop medications, or vitamins containing **Iron**, Vitamin E, Fish Oil, Garlic Tablets, Ginko Biloba, ginseng or Aspirin-like products (Advil, Motrin, Aleve, Nuprin, Alka-Seltzer, Naprosyn, etc.) for 5 days prior to the procedure. **However, you will be specifically instructed about withholding Aspirin, Plavix, Warfarin, Xarelto, Pradaxa, Eliquis and Coumadin according to your medical situation. YOU MAY TAKE TYLENOL AS NEEDED FOR A HEADACHE OR PAIN.**

**IF YOU ARE A DIABETIC ---PLEASE MAKE SCHEDULER AWARE – IN ORDER TO RECEIVE INSTRUCTIONS ON YOUR MEDICATION/ INSULIN**

**TWO DAYS BEFORE THE COLONOSCOPY:** Do not eat any fruits (bananas and melon are permitted), nuts, vegetables, salads, seeds, berries or whole grains (until after the procedure). **This is essential in order to successfully clear your colon for the procedure.**

**THE DAY BEFORE YOUR COLONOSCOPY:** YOU MAY HAVE A LIGHT BREAKFAST AND LUNCH ON THE DAY BEFORE YOUR EXAMINATION (HOWEVER YOU MUST FOLLOWING THE ABOVE FOODS TO AVOID). YOU MAY HAVE THE FOLLOWING ALL DAY UNTIL 6:00 PM--- DRINK PLENTY OF LIQUIDS – WATER, TEA OR COFFEE (NO MILK), CLEAR CHICKEN BROTH, JELLO, STRAINED FRUIT JUICE, LIMEADE OR LEMONADE. DO NOT DRINK MILK.

**NO RED OR PURPLE LIQUIDS.**

Do not have red jello, tomato juice or purple grape juice. DRINK AT LEAST TWO (2) QUARTS OF THE ABOVE LIQUIDS ON THE DAY BEFORE YOUR COLONOSCOPY. DO NOT DRINK ALCOHOLIC BEVERAGES.

**SPLIT-DOSE (2-DAY REGIMEN – BOTH 6 OUNCE BOTTLES ARE REQUIRED FOR A COMPLETE PREP).**

**FIRST DOSE THE NIGHT BEFORE THE PROCEDURE:**

1. At **7:00 pm** drink the first dose – pour one (1) 6 ounce bottle of SUPREP liquid into a mixing container-add cool water to the 16 ounce line on the container and mix – **PLEASE DRINK SLOWLY**---drink ALL the liquid in the container, you may wash down prep with clear liquid at the same time. **YOU MUST DRINK THREE (3) MORE 16 OUNCE CONTAINERS OF WATER AND/OR CLEAR LIQUIDS OVER THE NEXT HOUR.**
2. **NOTHING RED OR PURPLE IN COLOR.** YOU MAY CONTINUE CLEAR LIQUIDS UNTIL MIDNIGHT.

**SECOND DOSE NIGHT BEFORE/EARLY MORNING PRIOR TO PROCEDURE:**

1. AT \_\_\_\_\_ **AM (6 HOURS PRIOR TO YOUR PROCEDURE TIME)** drink the second dose - pour one (1) 6 ounce bottle of SUPREP liquid into a mixing container – add cool water to the 16 ounce line on the container and mix – drink ALL the liquid in the container. FOLLOW THE SAME AS ABOVE WHEN DRINKING THE PREP LIQUID....**ALSO YOU MUST DRINK THREE (3) MORE 16 OUNCE CONTAINERS OF WATER OVER THE NEXT HOUR.**

**Day of Procedure:** YOU NEED TO FINISH DRINKING YOUR LIQUID PREP 4 HOURS PRIOR TO YOUR PROCEDURE. TAKE YOUR HEART MEDICATIONS OR BLOOD PRESSURE MEDICATIONS

**Please report to the following location:**

**Advanced Endoscopy and Surgical Center:** 142 Rte. 35, Eatontown, NJ---**732-935-0031**

**Monmouth Medical Center:** 300 Second Avenue, Long Branch, NJ- **Arrival time:** \_\_\_\_\_ **outpatient registration**

**Jersey Shore University Medical Center:** 1945 Rte. 33, Neptune, NJ-**Arrival time:** \_\_\_\_\_ **outpatient registration**

**\*\*YOU MUST HAVE A RESPONSIBLE ADULT ACCOMPANY YOU HOME. Driving yourself, taking a bus or walking is NOT PERMITTED\*\***

Updated 6/2016