


MONMOUTH GASTROENTEROLOGY, LLC
142 Route 35, Eatontown, NJ 07724 (732) 389-5004; FAX (732) 389-1850
Doctors Baig, Belitsis, Fiest, Gorcey, Merikhi and Uppal

Patient Name: _____

Date: _____ Tentative Arrival Time: _____ (This time is subject to change.
The facility will contact you the day before your procedure to give you an exact arrival time.)

SUPREP BOWEL/SPLIT DOSE – PREPARATION FOR COLONOSCOPY

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 and Coumadin according to your medical situation. YOU MAY TAKE TYLENOL AS NEEDED FOR A HEADACHE OR PAIN. **Purchase the following from the pharmacy with a prescription: SUPREP BOWEL PREP KIT.**

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 ON THE DAY BEFORE YOUR EXAMINATION. 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.

DAY OF PROCEDURE: TAKE YOUR HEART MEDICATIONS OR BLOOD PRESSURE MEDICATIONS - WITH A SMALL SIP OF WATER AT LEAST FOUR (4) HOURS PRIOR TO YOUR PROCEDURE.

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 – drink ALL the liquid in the container. **YOU MUST DRINK TWO MORE 16 OUNCE CONTAINERS OF WATER 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. **YOU MUST DRINK TWO MORE 16 OUNCE CONTAINERS OF WATER OVER THE NEXT HOUR.**
YOU MUST BE FINISHED DRINKING FOUR HOURS PRIOR TO YOUR PROCEDURE TIME OR YOU WILL BE CANCELLED BY ANESTHESIA.

(NOTE: It is the second dose that ensures a clean colon. You must take the second dose even if you have had many bowel movements with the first dose.)

PLEASE REPORT TO THE FOLLOWING LOCATION:

_____ Advanced Endoscopy _____ Monmouth Medical Center _____ Jersey Shore University Medical Center
142 Rt 35, Eatontown, NJ 300 Second Ave., Long Branch, NJ 1945 Rt 33, Neptune, NJ

****YOU MUST BE FINISHED DRINKING FOUR (4) HOURS PRIOR TO YOUR PROCEDURE OR YOU RISK BEING CANCELLED.****

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

Updated 5/10/12