

Daniel J. Alpert, M.D.
Gastroenterology and Liver Diseases
345 E37th St., Suite 304
New York, NY 10016
Tel: (212)599-7910; Fax: (212)599-8061

Preparation for Colonoscopy with Suprep

You are scheduled to have a colonoscopy on _____ at _____
(day/date) (time)

PLEASE READ THESE INSTRUCTIONS AT LEAST ONE WEEK PRIOR TO YOUR PROCEDURE.

Two weeks prior to the procedure:

- You should stop Vitamin E and herbal supplements.
- Fill your prescription at the pharmacy for Suprep Bowel Prep Kit.

One week prior to the procedure:

- Stop iron supplements, aspirin containing medications and NSAIDS (non-steroidal anti-inflammatory drugs- e.g. Celebrex, Vioxx, Motrin, Advil, Aleve, Nuprin, Naprosyn, and others)

One day before your procedure:

- You must remain on a CLEAR liquid diet the entire day before your procedure. Clear liquids include: Water, Strained fruit juices (without pulp) including apple, white grape or white cranberry, Limeade or lemonade, Coffee or tea (do not use any dairy or non-dairy creamer, you may use sugar or lemon), Chicken broth, soda, Gatorade (Yellow only), frozen ices (without cream), jell-o (no red or purple). Please do not have any dairy products or anything red or purple in color.
- **Beginning at 5:00 PM** pour one of the 6-ounce bottles of SUPREP liquid into the mixing container. Add cool drinking 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 1 hour. (Fill the cup up 2 more times with plain water and drink)

On the day of your procedure:

- **Beginning at 5 am or Five hours before arriving time** pour the remaining 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 the liquid in the container. You MUST drink TWO more 16-ounce containers of water **over the next 1 hour**. (Fill the cup up 2 more times with plain water and drink)
- **Nothing to eat or drink before the exam except the prep! You may take your medications with sips of water only.**
- You must have someone pick you up 1 hour after your scheduled arrival time, as you will be receiving sedation prior to your procedure.
- Please contact my office if you have questions regarding the preparation or the colonoscopy .

A minimum of 48 hours noticed for cancellation is required. If you cancel without proper notice you will be responsible for a cancellation fee.

On the day of the procedure you are advised not to drive a car or operate any heavy machinery.