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**FOR COLONOSCOPIES SCHEDULED @ Hunterdon Medical Center Main Hospital**  
2100 Wescott Drive, Flemington, NJ 08822, 2<sup>nd</sup> Floor Endoscopy Suite, 908.788.6439  
Pre-registration (CALL 1 week prior): 908.788.6167

## SUPREP Bowel Prep

### REMINDERS

**\*Purchase ONLY WHAT IS HIGHLIGHTED AND review these instructions at least ONE week prior to your procedure to avoid any last-minute confusion. Write down your questions. NOT EVERYONE WILL REQUIRE ALL OF THESE MEDS.**

1. TWO (2) Dulcolax tablets. These can be found over-the-counter (OTC), unless included on your prescription.
  2. A 6-ounce bottle of Magnesium Citrate OTC
  3. ONE, 256-gram bottle of MiraLAX. Use 17 grams (or one scoop) in 8 ounces of water for \_\_\_\_\_ days prior to your procedure. Stop using it 2 days prior to your procedure.
- \*NO NUTS, SEEDS, CORN, AND WHOLE GRAINS for ONE WEEK PRIOR TO YOUR PROCEDURE.**

### Two Day Bowel Prep Instructions:

#### **A. 24 hours before your procedure (so if your appt. is 9AM Monday, start at 9AM Sunday):**

1. Go on a CLEAR LIQUID DIET (e.g., Jell-O, clear broth, popsicles, strained juices including apple and white grape)
2. **AVOID SOLIDS, MILK or MILK PRODUCTS including soy, almond, oat, and RED, BLUE and PURPLE liquids.**

#### **B. EVENING of the DAY BEFORE YOUR PROCEDURE (at 5pm):**

1. Pour **ONE (1) 6 oz bottle of SUPREP** liquid into the mixing container provided in your kit.
2. Add **cool drinking water** to the 16-ounce fill line on the container and MIX.
3. Drink **ALL** of the mixed liquid in the container.
4. Next, drink **TWO (2) more 16-ounce containers of water** over the next **ONE HOUR**.
5. Continue drinking liquids throughout the evening if possible (i.e. Gatorade or water)

#### **C. MIDNIGHT Before your Procedure**

1. *Have nothing to eat or drink until after the procedure. This includes water!* (The only exceptions are the 2<sup>nd</sup> dose of your bowel prep to be taken the morning of your procedure and completed 6 hours prior to your procedure, and any medications, like blood pressure medications, that you've been told to take with tiny sips of water as instructed by your prescribing physician.)

#### **D. MORNING of your Procedure (8 hours before your scheduled procedure, e.g., if procedure is scheduled at 2PM, take the 2<sup>nd</sup> dose at 6AM)**

1. Follow STEP B: PARTS 1, 2, 3, 4 and 5 for second dose.

### One Day Bowel Prep Instructions:

#### **A. EVENING of the DAY BEFORE YOUR PROCEDURE**

1. **Follow instructions A & B from above**
2. **1<sup>st</sup> dose of Suprep will be taken at 3PM (Steps B1-B3), followed by 2 more 16-oz. containers of liquid over the next 1-2 hours.**
3. **Slowly drink 2<sup>nd</sup> dose of Suprep starting at 10PM, followed by 2 more 16 oz. containers of liquid over the next hour.**

#### **B. MIDNIGHT BEFORE the Procedure**

*Have nothing to eat or drink until after the procedure. This includes water!* (The only exception is any medication you've been told to take, such as blood pressure medications, with tiny sips of water as instructed by your prescribing physician.)

**\*\*\*STOP DRINKING ALL FLUIDS 6 HOURS PRIOR TO SCHEDULED APPOINTMENT.**

### Important Considerations

- If you are taking any NSAIDs, Aleve, Ibuprofen, Motrin, Naproxen, Celebrex, iron supplements, fish oil, or Vitamin E, stop taking them 7 days prior to your procedure. You may take Tylenol. If you are taking Coumadin, Aspirin, Plavix, Ticlid, Eliquis, Pradaxa, Xarelto, or Brilinta, please ask your prescribing doctor for instructions regarding stopping these medications.
  - If you are diabetic and taking insulin, to avoid dangerously low blood sugars, please inform your prescribing physician about your upcoming procedure, and discuss any necessary insulin dosage adjustments with them.
  - If you are taking oral diabetic medications, follow our instructions or your prescriber's instructions.
  - If you are unsure about taking any medications, please call our office.
  - Do not stop blood pressure or heart medications unless told by us or the prescriber.
  - If you have asthma and use inhalers, please inform your prescriber of your upcoming procedure. You may need to maximize inhaler use prior to your procedure to minimize potential complications with anesthesia.
  - If you are a smoker, do NOT smoke for at least 6 hours prior to your procedure. NO MARIJUANA the day of your procedure!
- \*\*\*NOTE: Failure to take the bowel prep as indicated may result in a poorly cleansed colon. Please leave all jewelry including belly button rings and tongue rings at home.**