

Suprep Bowel Prep Instructions

Removing the contents of the colon is essential for a successful colonoscopy. If your bowel is not adequately cleansed, your exam may be limited, and abnormalities may be missed; your procedure could be prolonged; or your exam may be repeated / rescheduled.

THE DAY BEFORE your colonoscopy:

THE DAY BEFORE your colonoscopy you can consume a LIGHT breakfast and LIGHT lunch with low fiber foods. **AVOID** whole grains, fibery foods (**NO** nuts, seeds, corn, popcorn, raw vegetables, leafy green vegetables or fruit/berry skins). You can **EAT** carbohydrates (white bread, white pasta, white rice, cereal without fiber), well cooked tender chicken, eggs, fish or lean meats, or mashed potatoes or cooked carrots.

After lunch, only consume clear liquids for the remainder of the day and evening.

Clear liquids include water, coffee/tea, clear broth/bouillon, soda, fruit juice (without pulp), sports drinks such as Gatorade, PowerAde, Italian ice and jello. (**NO red jello or red liquids**). **STAY HYDRATED BY DRINKING CLEAR LIQUIDS.** Milk and other dairy products or substitutes are NOT allowed. NO alcoholic beverages.

THE EVENING BEFORE your colonoscopy:

Consume only clear liquids for dinner. Stay hydrated through the prep with plenty of clear liquids.

At **6PM**, mix the first bottle of the Suprep with water and fill to the 16 oz. line on the cup provided and drink it. Follow with another 32 oz. of water!

6 hours before your colonoscopy (at ____AM), mix the second bottle of the Suprep with water and fill to the 16 oz. line on the cup provided and drink it. Follow with another 32 oz. of water!

You must finish this second dose of the preparation at least 4 hours before your colonoscopy.

*******NOTHING BY MOUTH 4 HOURS BEFORE YOUR PROCEDURE*******

If you are having trouble with the taste of the bowel prep solution, you can flavor it with white grape juice, tea bags, sugar, honey or lemon. Some find it helpful to add ice and drink it through a straw and eat lemon Italian ice afterward.

After taking the laxative prep, you will have diarrhea. In general, stay well hydrated - this will help you feel well and improve the quality of your prep. Rarely, patients experience abdominal cramps, bloating, discomfort or nausea and if this occurs, give yourself a short break of about 30 minutes. These symptoms typically improve with time or with bowel movements.

Please call with any questions, concerns or symptoms (203) 777-0304.

PLEASE FOLLOW OUR INSTRUCTIONS!! DO NOT FOLLOW THE INSTRUCTIONS IN THE BOX!!

Procedure Locations-

Shoreline Endoscopy Center: 800 Boston Post Road, Building #1, Guilford. Convenient and plentiful outdoor parking.

Yale Saint Raphael's Campus: Digestive Disease Center - Take Elevator C to the 2nd floor of the Celentano wing of the main hospital. Parking is available in the George Street Garage attached to the hospital.

Park Avenue Medical Center: 5520 Park Avenue, Trumbull. Park in the parking garage. Parking is free. You may park anywhere in the garage and take the elevator to the bridge (BR button in the elevator). Walk across the bridge toward the elevator at the end of the hallway. The door to the procedure/endoscopy area is on the right.

Ownership Statement:

Disclosure of Ownership Interest: You have the right to have your procedure performed at the facility of your choice. The following physicians have an ownership interest in Shoreline Endoscopy Center, LLC: Michael Bennick, Sidney Bogardus, Myron Brand, Cary Caldwell, Joann Hong-Curtis, Michael Lipcan, Kristin MacArthur, Jeremy Matloff, Hannah Miller, Wayne Panullo, David Wolfsohn, Daniel Zanchetti.