

Colonoscopy Preparation Instructions: Suprep Bowel Prep Kit

NAME: _____

PROCEDURE: _____ Colonoscopy _____

ENDOSCOPIST: _____

DATE OF PROCEDURE: _____

FACILITY ARRIVAL TIME: _____

Please note: A \$75.00 cancellation fee will be charged for all procedures cancelled with less than Two (2) business days notice.

Please refer to separate KBEC *Patient Instruction Packet* for important procedure, facility and billing information.

**ADDRESS: Kips Bay Endoscopy Center 535
Second Avenue
Between 29th and 30th Street
(212) 889-5477**

Further information about Kips Bay Endoscopy Center (KBEC) may be found at:
www.kipsbayendo.com

Bowel Preparation for Colonoscopy With Suprep Bowel Prep Kit

Colonoscopy is a routine, generally safe, pain-free procedure used to examine the colon. These are the steps that you must take before the procedure to ensure the highest level of safety and effectiveness.

1. Make arrangements to have someone drive you home after the procedure. Colonoscopy involves sedation, and you will not be allowed to leave the facility unaccompanied.
2. Follow your physician's instructions regarding medicines to avoid and diet to follow before your procedure.



3. Your body loses significant amounts of fluid during bowel preparation. In order to prevent dehydration, it is important to supplement that fluid loss with clear liquids throughout the day.

COLONOSCOPY PREPARATION WITH SUPREP BOWEL PREP KIT

Fill your prescription at the pharmacy: **Suprep Bowel Prep Kit**

THE DAY BEFORE YOUR COLONOSCOPY

Drink only clear liquids throughout the day. Clear liquids are those you can “see through”. Please avoid red or purple clear liquids.

Examples of clear liquids include:

- ✓ Water
- ✓ Strained fruit juice without the pulp
- ✓ Tea without milk or creamer
- ✓ Clear broth or bouillon
- ✓ Kool-Aid or other fruit flavored drinks
- ✓ Ginger ale, Lemon-lime soda
- ✓ Ice Popsicles
- ✓ Lemonade
- ✓ Sports drink (eg, Gatorade)
- ✓ Plain Jell-O without added fruit or toppings

Do not have any solid or soft food. Milk or other dairy products are also **not allowed**.

➤ The following is the schedule for using Suprep Bowel Prep Kit:

Step 1:

At approximately 6:00 PM the day before your colonoscopy:

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. Drink two additional 16-ounce containers of plain drinking water over the next hour.

Step 2:

Beginning 5 hours before your scheduled appointment:

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. Drink two additional 16-ounce containers of water over the next hour.

➤ After prep is completed, please **do not** take anything by mouth until after the colonoscopy is completed.