

SuPrep

Important things to know about your prep:

- 1) if the Prep is not done correctly and your colon is not clean your colonoscopy will not be completed. You will have to repeat the prep and the procedure.
- 2) Taking the Prep correctly is an important for your colonoscopy because it allows better visibility for Dr. DeAntonio. Better visibility means polyps or other digestive disorders can be seen. If colon cancer is curable if found early.

Light Diet:

a chicken breast
tuna fish without mayonase
a boiled or poached egg
white bread toasted without butter

Clear Liquid Diet:

Nothing Red or Purple
juice (without pulp)
water
tea or coffee (without cream)
clear soup

1 Week Before:

Make plans with someone to drive you home:

because you will be given anesthesia you will not be able to drive yourself home. you will need a friend or family member to pick you up after your colonoscopy. you will not be allowed to call a cab or car service.

Stop eating any foods listed below

nuts	popcorn	whole grain
granola	seeds	bread with seeds in it

If you are on any of the medications on the left stop them for the amount of time designated on the right

Plavix or Ticlid	Hold for 7 days If there are any questions about holding Plavix, ask your doctor first.
Aspirin	Hold for 5 days unless your cardiologist suggests otherwise
Iron or Ferrous Sulfate tablets	Hold for 5 days
Ibuprofen, Motrin, Alleve and other anti-inflammatory drugs	Hold for 3 days
Tylenol and Codeine medications that are not anti-inflammatory	do not need to be held

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The Day Before your Colonoscopy

Morning

Eat breakfast: you can have one thing off the light diet list (on page 1).
after breakfast you have all of the clear liquids you would like off of the clear liquid diet.

Lunch

you can have one thing off the light diet list (on page 1)
continue to drink all the clear liquids you like off the clear liquids diet (on page 1)

Dinner

clear liquids only
no solid food is permitted

the Night Before your Colonoscopy Starting at 6:00pm

Step 1



Pour the 6 oz container of SuPrep into the mixing container

Step 2



Fill the rest of the container with cool drinking water.
Fill it up to the 16 oz line marked on the container.

Step 3



Drink the contents of the container
this must be completed in 1 hour

Step 4



Drink 2 more 16 oz glasses of water.
this is an important step in successfully completing your prep.

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the Morning of your Colonoscopy Starting at _____ :

Step 1



Pour the 6 oz container of SuPrep into the mixing container

Step 2



Fill the rest of the container with cool drinking water.
Fill it up to the 16 oz line marked on the container.

Step 3



Drink the contents of the container
this must be completed in 1 hour

Step 4



Drink 2 more 16 oz glasses of water.
this is an important step in successfully completing your prep.
you must finish this step two hours before your colonoscopy time
you must finish drinking all of your clear liquids before _____:_____ Am Pm

check what medications you should take before your colonoscopy and which ones you should take after:

<p>Take before your colonoscopy with a small sip of water. take these before _____:_____</p>	<p>Bring these with you to your colonoscopy appointment. you must take these after your procedure</p>
<p>Cardiac Medications</p> <p>Bloodpressure medications</p>	<p>Diabetes Medications</p>

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Your Appointment Information:

Date and Time

Date ___/___/___ Time: ___:___ Am Pm

Location

Hamilton Surgery Center

1445 Whitehorse Mercer-
ville Rd
Hamilton Township, NJ
(609) 588-5050

Capital Health Regional Medical Center

750 Brunswick Avenue
Trenton, NJ 08638
(609) 394-6000

Regional Medical Center

1445 Whitehorse Mercer-
ville Rd
Hamilton Township, NJ
(609) 588-5050

Additional Instructions:
