

Patient: \_\_\_\_\_ Doctor: \_\_\_\_\_

Date of procedure: \_\_\_\_\_ Time to report: \_\_\_\_\_ Time of procedure: \_\_\_\_\_

**Location: Endoscopy Center, 1st Floor    Chilton Hospital Access Center    Wayne Surgical Center**  
**1825 Rt 23 S Wayne, NJ    97 W Parkway Pequannock, NJ    1176 Hamburg Tpke Wayne, NJ**

Latex allergy: Y or N      Diabetes: Y or N      Pacemaker: Y or N      Defibrillator: Y or N

**DIET:** No iron supplement, seeds, nuts, quinoa, corn, popcorn, tomatoes, cucumbers or salad for three days before the procedure.

**PREPARATION:** Please obtain the following items from your pharmacy before the procedure:

1. One SUPREP boxed kit.

**ON THE DAY BEFORE THE PROCEDURE:**

1. **Before 10 am.**, you may have a light breakfast. This can include cereal, breads, and milk products, but cannot include fresh fruits, vegetables, salad or meats.
2. **After 10 a.m.**, only clear liquids can be consumed. Clear liquids are as follows:  

Water	Clear juices (apple, white grape, not red)	Italian ices (not red)
Bouillon (beef or chicken)	Tea (regular, decaf, herbal)	Jell-O (not red)
7-Up, ginger ale, seltzer	Black coffee	Gatorade (not red)
3. **At 5 p.m. pour** one (1) 6 ounce bottle of SUPREP liquid into the mixing container. **Add** cool drinking water to the 16 ounce line on the container next. **Drink** all the liquid in the container. You must drink two (2) more 16 ounce containers of water or clear liquid over the next one hour.

***The prep is more easily tolerated if chilled and taken with a straw. Feelings of bloating, nausea or chills are common after the first few glasses. This is temporary and will decrease once bowel movements begin. If the nausea worsens, stop drinking the solution for 30 minutes, then resume drinking every 15 minutes as before.***

4. Clear liquids may be continued following the preparation up to 5 hours prior to the procedure.

**ON THE DAY OF THE PROCEDURE:**

**\*\*IMPORTANT- Please make sure to follow our instructions as written.**

1. **Six** hours prior to the procedure, repeat the above instructions. **Pour** one (1) 6 ounce bottle of SUPREP liquid into the mixing container. **Add** cool drinking water to the 16 ounce line on the container next. **Drink** all the liquid in the container. You must then drink two (2) more 16 ounce containers of water or clear liquid over the next one hour.

**2. You MUST FINISH drinking all liquids (PREP AND WATER) at least 5 hours prior to your scheduled arrival time or your procedure will be delayed.**

**\*\*\*\*DO NOT CONSUME ANYTHING ELSE BY MOUTH-NOT EVEN WATER\*\*\*\***

3. Following the prep, you should expect to have clear yellow fluid passing into the toilet.
4. Wear loose, comfortable clothing. Bring your glasses (if necessary). Do not bring valuables such as jewelry with you. The endoscopy facility cannot be responsible for your belongings.
5. After the procedure you must not drive, work or do anything that could result in injury.
6. **YOU MUST HAVE A RIDE HOME OR THE PROCEDURE WILL BE CANCELLED!** Your ride should be available 1 ½ hours after you are dropped off for your procedure.

**ADDITIONAL INFORMATION:**

**If you take Coumadin, Pradaxa, Eliquis, Xarelto, Effient, Plavix, Ticlid or other blood thinners/ anticoagulants make sure you have discussed this with your physician.**

1. If you take blood pressure pills, pills for your heart, seizure medications or Parkinson’s medications, take them as usual with small sips of water.
2. If you take aspirin, Advil, Motrin or any other *anti-inflammatory/arthritis pills* make sure you have discussed this with your physician. Tylenol is okay.

Please call if you have any questions.