

Patient: _____ Doctor: _____

Date of procedure: _____ Time to report: _____

Location: **Endoscopy Center, 1st Floor** **Chilton Hospital Access Center** **Wayne Surgical Center**
1825 Rt 23 S Wayne, NJ **97 W Parkway Pompton Plains, NJ** **1176 Hamburg Tpke Wayne, NJ**
973-996-4009 **973-831-5115** **973-709-1900**

Diabetes: Blood Thinner:(see below*): Pacemaker: Defibrillator: Latex allergy:

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

PREPARATION: **IMPORTANT- Please make sure to follow our instructions, not those on box.

Please obtain **SUPREP boxed kit** from your pharmacy at least several days before the procedure:

ON THE DAY BEFORE THE PROCEDURE:

1. **Before 11 am.**, you may have a light breakfast.
2. **After 11 a.m.**, only clear liquids can be consumed. Clear liquids include the following:
Water Clear juices (apple, white grape) Italian ices Bouillon
Tea Jell-O 7-Up, ginger ale, seltzer Coffee Gatorade
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 all evening following the preparation.

ON THE DAY OF THE PROCEDURE:

If you take **blood pressure pills, pills for your heart, seizure medications or Parkinson’s medications**, take them as usual with a small sip of water.

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.

You MUST FINISH drinking all liquids and water at least 4 hours prior to your scheduled arrival time or your procedure will be delayed. DO NOT CONSUME ANYTHING ELSE BY MOUTH-NOT EVEN WATER. Do not smoke marijuana or vape within 24 hours of the procedure. No gum chewing the morning of the procedure.

- Do not bring valuables such as jewelry with you. The Endoscopy Facility cannot be responsible for your belongings.
- After the procedure you must not drive, work or do anything that could result in injury.
- You must have a friend or family member drive you home. No ride share services such as Uber/Lyft are allowed. Pick up will be approximately 1 ½ hours after you are dropped off.

*** SPECIFIC MEDICATIONS:**

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

GLP-1 agonists such as **Ozempic, Wegovy, Trulicity and Mounjaro.** Make sure you have specifically discussed these medications with your physician or your procedure may be cancelled.