

Dr. Anubha Sinha, M.D., P.A.
Hunterdon Digestive Health Specialists
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Hunterdon Medical Center Main Hospital

2nd Floor Endoscopy Suite
2100 Wescott Drive, Flemington, NJ 08822
908.788.6439
Pre-registration (1 week prior): 908.788.6167

Somerset Ambulatory Surgical Center

1 Highway 206 North, Somerville, NJ 08876
908.393.8360
Pre-registration (ONLINE): www.sasctr.com/Pre-Op
Pre-registration (by phone): 908.393.8360

SUPREP Bowel Prep

Preparing for your Colonoscopy

IMPORTANT CONSIDERATIONS:

1. **Please notify our office of ALL medications that you take including prescription, herbal, and OTC medications.**
2. Blood thinners: If you are taking any blood thinning medications such as Warfarin, Coumadin, Lovenox, Plavix, Xarelto, or Eliquis we will need instructions from your prescribing physician as to how to manage your medication before and after your procedure. Do not discontinue any medications without discussing this with your prescribing physician.
3. If you are a Diabetic and take insulin, (to avoid dangerously low blood sugars) please be sure to inform us. You will need specific instructions from your prescribing physician regarding proper insulin adjustments before, during, and after your procedure.
4. If you are Diabetic and take oral medications, please contact your primary care provider or managing physician for any special instructions regarding your diabetic medications and dietary needs before, during, and after your procedure.
5. Do NOT stop any Blood Pressure or Heart medications unless told otherwise by your prescribing physician. Doing so could result in serious complications.
6. If you are a smoker, it is advised NOT to smoke for at least 6 hours prior to your procedure to avoid breathing and other complications caused by or associated with smoking.
7. If you have any implanted devices like a pacemaker or defibrillator please notify us.
8. If you are undergoing a workup, or treatment, or are in the care of another provider for other conditions please notify us.
9. If you have sleep apnea and use a CPAP machine, please notify us and bring your machine, mask and tubing with you to your procedure.

SEVEN (7) DAYS PRIOR TO YOUR PROCEDURE

1. Do NOT take any iron pills or multi-vitamins containing iron. Iron can cause constipation and prevent you from having a good response to the bowel prep.
2. Do NOT take any NSAIDs or anti-inflammatory pain relievers including Aleve, Ibuprofen, Motrin, Celebrex, Mobic, Meloxicam, and Naproxen. These medications can increase your risk for bleeding during and after the procedure especially if any biopsies are taken. You may take Tylenol unless you have any contraindications to this medication.
3. Do NOT take any fish oil, flaxseed oil, or Vitamin E. These medications can increase your risk for bleeding.
4. Do NOT take any fiber supplements. Fiber can slow digestion in some individuals and result in a poor response to your bowel prep.
5. Do NOT consume any nuts, seeds, corn, or whole grains for 1 week prior to your procedure. These foods can take longer to pass through the digestive tract and prevent a good response to the bowel prep. Foods to avoid include:

1. All nuts, seeds, corn, and popcorn
2. Corn, beans, peas, chickpeas, raw salad, celery, tomatoes, cucumbers
3. The skin and seeds of all fruits and vegetables
4. Vegetables otherwise should be cooked thoroughly (carrots, broccoli, cauliflower, sweet potatoes and regular potatoes without skins are okay as long as fully cooked)
5. Wheat germ, granola, and cereal with visible grains (ex. Grape Nuts)
6. Bread with seeds and/or visible grains

ABOUT THE BOWEL PREP:

Keep in mind... The prep is designed to clean out your colon. We need your colon to be cleaned out completely so that Dr. Sinha can visualize the lining of your colon. If there is feces, debris or sludge left in your colon this can obscure and cover up colon polyps and other abnormalities in the lining of your large intestine resulting in missed lesions and diagnoses. **Failure to take the Bowel Preparation as indicated may result in a poorly cleansed colon.**

The bowel prep is designed to clean out your colon. It will usually cause you to have multiple bowel movements within a few hours. You will know that your bowels are clean when your stools become watery and you can see through them. They may be tinted depending upon the color of the liquids you have been drinking. **FINISH YOUR ENTIRE PREP.** *If you have any problems whatsoever before, during, or after taking your prep call our office immediately or go to your nearest emergency room.*

THE ENTIRE DAY BEFORE YOUR PROCEDURE

1. You may have a low residue breakfast. Examples of low-residue breakfast items you can have include:
 - a. White bread, biscuits, muffins (no wheat)
 - b. Cream of wheat, grits
 - c. Drinks: coffee, tea, milk, juice without pulp
 - d. Eggs
 - e. Fruit (no skin or seeds)
 - f. Cornflakes
 - g. Yogurt, cottage cheese
2. After breakfast you may only have clear liquids until after your colonoscopy. Examples of clear liquids you may have include:
 - a. Coffee or tea (no cream or non-dairy creamer)
 - b. Fruit juices (without pulp)
 - c. Gelatin desserts (no fruit or toppings)
 - d. Water
 - e. Chicken broth
 - f. Clear soda (such as ginger ale)
3. NO red or purple liquids
4. NO Milk
5. NO alcoholic drinks

SUPREP SPECIFIC INSTRUCTIONS:

Reminders:

Review bowel prep instructions 1 week prior to procedure to avoid any last minute confusion. Call our office ahead of time with any questions.

NO NUTS, SEEDS, CORN, AND WHOLE GRAINS for 1 WEEK PRIOR TO YOUR PROCEDURE.

24 hours before your procedure (so if your appointment is scheduled for 9AM Monday, start at 9AM Sunday):

1. Go on a Clear Liquid Diet
2. Do NOT consume any solids, milk or alternative milk products, including soy milk and almond milk, or red, blue, or purple liquids.

*****IF YOUR APPOINTMENT IS SCHEDULED FOR AFTER 12 NOON FOLLOW THESE INSTRUCTIONS**

SUPREP Bowel Prep SPLIT-DOSE over 2 days:

You will take the **FIRST** 6-ounce bottle of SUPREP the **EVENING** before your colonoscopy at **5PM** and the **SECOND** 6-ounce bottle of SUPREP the **MORNING** of your colonoscopy completed 6 HOURS prior to your scheduled procedure.

The EVENING of the DAY BEFORE YOUR PROCEDURE (at 5pm):

1. Pour **ONE (1) 6 oz bottle of SUPREP** liquid into the mixing container provided in your kit.
2. Add **cool drinking water** to the 16-ounce fill line on the container and MIX.
3. Drink **ALL** of the mixed liquid in the container.
4. Next, drink **TWO (2) more 16-ounce containers of water** over the next **ONE HOUR**.
5. Continue drinking liquids throughout the evening if possible (i.e. Gatorade or water)

Midnight Before your Procedure

1. *Have nothing to eat or drink until after the procedure. This includes water!* (The only exceptions are the second dose of your bowel prep to be taken the morning of your procedure and completed 6 hours prior to your scheduled procedure, and any medications such as blood pressure medications that you've been told to take with tiny sips of water as instructed by your prescribing physician.)

The Morning of your Procedure (8 hours before your scheduled procedure)

****To be completed 6 HOURS prior to your procedure**

*****Repeat exactly what you did last night:**

1. Pour **ONE (1) 6 oz bottle of SUPREP** liquid into the mixing container provided in your kit
2. Add cool drinking water to the 16-ounce fill line on the container and MIX.
3. Drink **ALL** of the mixed liquid in the container.
4. Next, drink **TWO (2) more 16-ounce containers of water** over the next **ONE HOUR**.

*****IF YOUR APPOINTMENT IS SCHEDULED IN THE MORNING BEFORE 12 NOON FOLLOW THESE INSTRUCTIONS**

SUPREP Bowel Prep SPLIT-DOSE SAME DAY DOSING:

Both doses of Suprep will be taken 7 hours apart on the **same day**, the day before your scheduled procedure. So if your procedure is scheduled for Monday at 9AM you will take your first dose of

Suprep on Sunday at 8AM. Then, you will take the second dose at 3PM Sunday afternoon.
Nothing to eat or drink after midnight the night before your scheduled procedure.

The MORNING of the DAY BEFORE YOUR PROCEDURE (at 8AM):

1. Pour **ONE (1) 6 oz bottle of SUPREP** liquid into the mixing container provided in your kit.
2. Add **cool drinking water** to the 16-ounce fill line on the container and MIX.
3. Drink **ALL** of the mixed liquid in the container.
4. Next, drink **TWO (2) more 16-ounce containers of water** over the next **ONE HOUR**.
5. Continue drinking liquids throughout the day if possible (i.e. Gatorade or water)

7 HOURS LATER on the SAME DAY, the day before your scheduled procedure (at 3PM):

***Repeat exactly what you did at 8AM:

1. Pour **ONE (1) 6 oz bottle of SUPREP** liquid into the mixing container provided in your kit
2. Add cool drinking water to the 16-ounce fill line on the container and MIX.
3. Drink **ALL** of the mixed liquid in the container.
4. Next, drink **TWO (2) more 16-ounce containers of water** over the next **ONE HOUR**.

Midnight Before your Procedure

1. *Have nothing to eat or drink until after the procedure. This includes water!* (The only exception is any medication you've been told to take, such as blood pressure medications, with tiny sips of water as instructed by your prescribing physician.)