

South Island Gastroenterology Associates, PC  
Steven L. Kadish, MD                      Jonathan Zinberg, MD

141 Washington Avenue, Suite 204 Lawrence, N.Y. 11559  
Phone# 516/341-0990 Fax# 516/341-0987

Preparation for Colonoscopy with Suprep

5 Days before your procedure- Start a low residue diet. No fruit. No vegetables. No high fiber products. You may eat all proteins- fish, chicken, eggs, meat and dairy. You may eat all white flour products- breads, cake, pasta, ice cream without nuts or raisins.

You are scheduled to have a colonoscopy on \_\_\_\_\_ at \_\_\_\_\_

It is essential that your large intestine is free of stool. It is very important that you follow the instructions below carefully.

Fill your prescription at the pharmacy: Suprep Bowel Prep Kit

2 nights before your procedure, eat an early dinner- wait 3 hours and drink one(1) 10oz bottle over the counter citrate of magnesium- at bedtime take 2 Dulcolax pills.

1 day before your colonoscopy: You must remain on a CLEAR liquid diet the entire day before your procedure. Clear liquids include: water, strained (without pulp) fruit juices including apple, white grape or white cranberry, Limeade or lemonade, coffee or tea (do not use any dairy or non-dairy creamer, you may use sugar or lemon), chicken broth, soda, Gatorade(yellow only), popsicles (no red or purple), jell-o (no red or purple). Please do not have anything red or purple in color. You may have PLAIN VANILLA yogurt or PLAIN VANILLA ice cream and milk until 5pm.

Beginning at 6PM on 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 of the liquid in the container. You MUST drink TWO more 16-ounce containers of water over the next 1 hour.(Fill the cup up 2 more times with plain water and drink)

Beginning 5 hours before your colonoscopy: pour the remaining of the 6-ounce bottle of SUPREP liquid into the mixing container. Add cool drinking water to the 16-punce line on the container and mix. Drink ALL the liquid in the container. You MUST drink TWO more 16-ounce containers of the water over the next 1 hour. (Fill the cup up two more times with plain water and drink)

Day of Colonoscopy: Remember: Nothing to drink before exam except the prep!