



Newtown Gastroenterology

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COLONOSCOPY PREPARATION (MORNING APPOINTMENT)

Schedule Appointment Time: ____/____/____ AM

Please Follow The Steps Below:

1. A few days before the procedure, please go to the pharmacy and get **SUPREP**.
2. **5** days before procedure:
Stop all Aspirin, Pain killer, Coumadin, Plavix, Iron Supplement, or blood thinning medications. You are allow to take blood pressure medication before and on the day of the procedure (2-3 hours beforehand with 1-2 mouthful of water; reduce ½ dose of diabetic medication one day before colonoscopy.
3. ____/____/____ 2 days before procedure:
 - DO NOT EAT or DRINK ALL high fiber foods, vegetables, fruits, nut products, dairy products, soy products, and wheat products until the procedure is complete. You can eat fish meat or meats (all without skin), noodle/pasta, rice, transparent color liquid and 100% apple juice (not homemade).
4. ____/____/____ 1 day before procedure:
 - From the moment you wake up to 5:00PM, maintain a clear liquid diet such as broths, water, 100% apple juices, and transparent color sodas, Gatorade, and Jello.
 - At 1:00 PM, take 2 stool softener pills at the same time (If the doctor prescribed for you).
 - At 6:00 PM, please follow the steps below.
 - **Step 1:** Pour ONE (1) of the 6-ounce bottle of SUPREP liquid into the mixing container.
 - **Step 2:** Add water to the 16-ounce line on the container and mix.
 - **Step 3:** Drink ALL the liquid in the container.
 - **Step 4:** Must drink TWO (2) more 16-ounce containers of water afterward.
 - 1-2 hours after the complete of the first bottle, take the 2nd bottles (Repeat Step 1 – 4).
 - After completing the 2 bottles, you may drink more transparent liquids before bed to help improve bowel movement.
5. By midnight (12AM), NO MORE DRINKING!

****On the day of the procedure, DO NOT operate a vehicle before and after the procedure. Most importantly, please be sure to have someone accompany you home after you are fully recovered or else we reserve the right to cancel your procedure.**

You may resume a normal diet after the procedure but avoid foods that are spicy, sour and hard.

****Please remember to bring the following:**

1. Family/friend
2. Insurance cards
3. ID card
4. Medications

If you have any questions regarding these instructions, please feel free to contact us.