



GASTROENTEROLOGY
CENTER of NEW YORK

SUPREP BOWEL PREP

~~~~~  
**Gastroenterology Center of New York**  
**Dr. Jason Rubinov**  
**2569 Ocean Avenue**  
**Brooklyn, New York 11229**  
**T: 718-332-3100**

**YOU ARE SCHEDULED TO HAVE A COLONOSCOPY ON \_\_\_\_\_**

**YOUR ARRIVAL TIME IS \_\_\_\_\_ WITH DR. JASON RUBINOV**

**PURCHASE AT THE PHARMACY:**

1. Please bring your prescription for **SUPREP BOWEL PREP KIT** to the pharmacy a few days before your exam to ensure that it will be ready on time

**MEDICATIONS:**

**PLEASE DO NOT TAKE:**

|                              |                                                            |
|------------------------------|------------------------------------------------------------|
| <b>7 DAYS PRIOR TO EXAM:</b> | Effient, Ibuprofen (Advil, Motrin/Aleve)                   |
| <b>5 DAYS PRIOR TO EXAM:</b> | Brillinta, Coumadin, Plavix                                |
| <b>3 DAYS PRIOR TO EXAM:</b> | Artrixa                                                    |
| <b>2 DAYS PRIOR TO EXAM:</b> | Persantine                                                 |
| <b>1 DAY PRIOR TO EXAM:</b>  | Xarelto, Eliquis, Pradaxa, Lovenox, Fragmin, Innohep       |
| <b>1 DAY PRIOR TO EXAM:</b>  | Oral diabetic medications (i.e Metformin, Glucophage etc.) |
| <b>MORNING OF EXAM</b>       | <b>Do not take insulin</b>                                 |

- You may also wish to discuss the risks and benefits of temporarily discontinuing these medications with your family physician or cardiologist.

**PLEASE TAKE:**

|                        |                                                                                                                                                    |
|------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1 DAY PRIOR</b>     | <b>If you are on an Aspirin regimen; please continue it prior to your exam</b>                                                                     |
| <b>1 DAY PRIOR</b>     | <b>If you use insulin; give yourself ½ the units (The procedure will be canceled if your blood glucose is over 300.</b>                            |
| <b>MORNING OF EXAM</b> | <b>Please continue to take medication for heart disease, high blood pressure or seizures on the morning of your exam with a small sip of water</b> |

**THREE DAYS BEFORE COLONOSCOPY:**

**\*NO BEANS OR CORN\***

**ONE DAY PRIOR TO COLONOSCOPY:**

1. You are allowed to eat a low residue meal for breakfast (soft food diet), completed by 10AM  
**Example: eggs (NO fried), cereals (except whole grain and barley), white or seedless rye toast with butter or margarine, bananas, applesauce, peaches & pears without skin, juice without pulp, coffee, tea, etc.**
2. Following the soft food diet for breakfast **NO SOLID FOOD! ONLY CLEAR LIQUIDS FOR THE REST OF DAY!**  
(Examples of clear liquids: *apple juice, white grape juice, broth of any kind, ices (that melt into clear liquids), coffee/tea (no milk), Jell-o, clear juice/soda (no red/purple).* **PLEASE AVOID RED/PURPLE COLORS. NO ALCOHOLIC BEVERAGES**)



GASTROENTEROLOGY  
CENTER of NEW YORK

## SUPREP BOWEL PREP

3. **5:00 PM** - Pour one of the 6oz bottles of SUPREP liquid into the mixing container. Add cool drinking water to the 16oz line on the container. You must drink two (2) additional 16oz containers of water over the next hour. (Fill the cup up two (2) more times with plain water and drink)
4.  **11:00 PM (For procedures scheduled between 7:00 AM and 11:00 AM)**  
 **6:00 AM (For procedures scheduled at or after 11:00 AM)**  
- Pour one of the 6oz bottles of SUPREP liquid into the mixing container. Add cool drinking water to the 16oz line on the container. You must drink two (2) additional 16oz containers of water over the next hour. (Fill the cup two (2) more time with plain water and drink)

***Both 6-ounce bottles are required for a complete preparation.***

**IT IS IMPORTANT TO FOLLOW ALL THE STEPS BELOW COMPLETELY.**

***Step 1:***



**Pour ONE (1) 6-ounce bottle of SUPREP liquid into the mixing container.**

***Step 2:***



**Add cool drinking water to the 16-ounce line on the container and mix.**

**NOTE:** Be sure to dilute SUPREP as shown at left before you drink it.

***Step 3:***



**Drink ALL the liquid in the container.**

***Step 4:***



**You must drink two (2) more 16-ounce containers of water over the next 1 hour.**

**NOTE:** You **must** finish drinking the final glass of water at least 1 hour, or as directed, before your procedure.

5. Remain close to toilet facilities.



GASTROENTEROLOGY  
CENTER of NEW YORK

## SUPREP BOWEL PREP

6. As a reminder, please continue to **ONLY CONSUME CLEAR LIQUIDS (NO SOLID FOODS)**.
7. **You may continue your clear liquid diet until three (3) hours prior to your exam. After this you may not have anything to eat or drink including gum, candy/mints**
8. The ideal “end result” is to have bowel movements that are clear of all debris and have a yellowish tinge.
9. It is important to take all of the Suprep Bowel Prep Kit so that the doctor will be able to see your entire colon clearly.
10. **YOU MUST HAVE AN ESCORT TO TAKE YOU HOME AFTER THE PROCEDURE. IF YOU DO NOT HAVE AN ESCORT, YOUR PROCEDURE WILL BE CANCELLED.**
11. If for any reason you need to cancel your procedure, you must call at least 48 hours in advance to allow other patients to be scheduled for procedures. Cancellation fees may apply if you do not call to cancel and do not show for your procedure.
12. PLEASE CALL THE OFFICE AT (718) 332-3100 IF YOU HAVE ANY QUESTIONS.