

How to prepare for your Colonoscopy

with the Suprep Kit

**Follow only these instructions (disregard the instructions that come with the kit).
Please read over these instructions carefully as soon as you receive them.
*If you have not prepared for your colonoscopy properly, your
appointment will need to be rescheduled for a later date.***

One week before your colonoscopy...

- ✓ Fill your prescription for Suprep
- ✓ Buy items for the clear liquid diet (see below).
- ✓ Arrange for transportation to and from your colonoscopy. You will not be allowed to drive yourself or use a taxi or bus service unless you have a responsible adult to accompany
- ✓ Review the special medication instructions and identify which medication (if any) you will need to stop taking before your colonoscopy.
- ✓ Stop taking iron supplements (multivitamins containing iron are OK).

On the day before your procedure...

Any of the following clear liquids are OK to drink all day long:



Water



Strained fruit juices (without pulp)
including apple, orange, white grape, or
white cranberry



Limeade or lemonade



Coffee or tea. **DO NOT** use any
dairy or non-dairy creamer



Chicken broth



Gelatin desserts without
added fruit or toppings (**NO
RED OR PURPLE**)

- ✓ **ONLY** clear liquids
- ✓ **DO NOT** drink milk
- ✓ **DO NOT** eat or drink anything colored red or purple
- ✓ **DO NOT** drink alcoholic beverages

How to take Suprep Bowel Kit Prep

- ✓ **At 3pm in the afternoon *before* your procedure** (or when your doctor tells you to begin), complete steps 1 through 4 using one (1) 6-ounce bottle before going to bed
- ✓ **On the *morning* of your procedure**, 4 hours prior to your procedure time repeat steps 1 through 4 using the second 6-ounce bottle*
- ✓ 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 the second 6-ounce bottle and **ALL LIQUIDS** three hours before your procedure.

Remember, your appointment will be rescheduled if:

- ✓ **Your prep was not completed 3 hours before your procedure.**
- ✓ **You have food or drink on the day of your procedure.**
- ✓ **You do not follow the preparation instructions.**
- ✓ **You do not arrive for your appointment on time.**
- ✓ **You do not have a ride home.** Medications will be given to you at the time of your colonoscopy that will impair your judgment and reflexes. You will not be able to drive yourself, and you will only be able to use a taxi or bus service if you have a responsible adult to accompany you.
- ✓ **You have a change in your health insurance coverage.** Your new plan may require us to obtain authorization before performing your colonoscopy, a process that can take some time. Please notify us of any changes to your insurance immediately.

Procedure Locations

- Endoscopy Center of Connecticut
Spring Glen Medical Center
2200 Whitney Ave, Ste 380
Hamden, CT
(203) 281-3636
- Guilford Endoscopy Center
Sound Medical Center
1591 Boston Post Rd, Ste 206
Guilford, CT
(203) 458-4463
- Hospital of Saint Raphael
Digestive Disease Center
Celentano Building, 2nd Floor
1450 Chapel St
New Haven, CT
(203) 789-3273
*(Parking will be validated; take
parking ticket with you)*
- Yale-New Haven Hospital
Smilow Cancer Hospital
North Pavilion
25 Park Street, 4th Floor
New Haven, CT
(203) 200-5458
*(Parking will be validated; take
parking ticket with you)*
- Milford Hospital
Diagnostic Treatment Center
300 Seaside Ave
Milford, CT
(203) 876-4652
*(Register at the Registration Desk,
then proceed across the hall.)*
- Mid-State Medical Center
Digestive Health Center, Pavilion D
435 Lewis Ave
Meriden, CT
(203) 694-8314
- Temple Surgical Center
40 Temple St, 4th Floor, Ste 4B
New Haven, CT
(203) 688-4060
- Temple Surgical Center
60 Temple St, 2nd Floor
New Haven, CT
(203) 688-2550