

**Dr. Anu Sampat, M.D.**  
**BOARD CERTIFIED IN GASTROENTEROLOGY & HEPATOLOGY**  
718-227-1282

**SUPREP BOWEL PREP KIT**

\*\*PLEASE READ THE FOLLOWING INSTRUCTIONS CAREFULLY \*\*

- You have been scheduled for a **COLONOSCOPY** on \_\_\_\_\_ at **305 SEGUINE AVE**
- If you are taking any PLAVIX, ASPIRIN, COUMADIN or any other blood thinning medications please inform the doctor.
- You must have someone pick you up from the office. You will be sedated and may need some assistance. You may not drive or go to work after the procedure.
- If for any reason you are unable to keep your appointment for the test please inform the office by Thursday prior to avoid \$125 cancellation fee, thank you.

ONE WEEK BEFORE THE TEST AVOID THE FOLLOWING FOODS: RED MEAT RAW FRUITS AND VEGETABLES AND SALAD (COOKED VEGETABLES AS WELL AS CANNED FRUITS ARE OK)

**\*\*\* DRINK PLENTY OF WATER DAY BEFORE THE TEST \*\*\***

**FOLLOW A CLEAR LIQUID DIET (from the time you wake up the day before) clear liquids include:**

- chicken or beef broth
- clear juices such as yellow or green Gatorade, lemonade, iced tea, apple juice, gingerale
- coffee tea (no milk or cream) you may use sugar, honey or lemon NO DAIRY PRODUCTS OR ORANGE JUICE
- Jello (yellow or green)

SUPREP Bowel Prep Kit is a split dose (2-day) regimen. Both 6-ounce bottles are required for complete prep.

**DAY 1 FIRST DOSE:** Begin Step 1 at \_\_\_\_\_ PM the evening before your procedure and proceed as shown below:

You must complete Steps 1 through 4 using 1 6-ounce bottle before going to bed.

**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:** Dilute the solution concentrations directed prior to use.

**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.

**DAY 2 SECOND DOSE:** Begin Steps 1 through 4 again at \_\_\_\_\_ AM (6 hours prior to your procedure).

**\*Monday and Tuesday procedures have to be cancelled by Friday to avoid any \$125 cancellations fee!!**

**Thank You**

**FOLLOW UP APPOINTMENT**

**4982 HYLAN BLVD.** \_\_\_\_\_

