

#### PREP TIME CHART

Arrival time between **6am-10am**: 1st dose **4PM**

2nd dose **3:30AM**

Arrival time between **10:15am or later**: 1st dose

**4PM** 2nd dose **3:30AM**

**\*Please DO NOT FOLLOW instructions on box, follow below\***

**Your prep was sent on the day of your consultation**

#### **The DAY BEFORE your colonoscopy:**

- **NO SOLID FOODS UNTIL AFTER YOUR PROCEDURE** – you **MUST** be on **CLEAR LIQUIDS** all day
- *Make sure to drink plenty of liquids throughout the day to stay hydrated.*

**PLEASE DO NOT** have **ANYTHING** **red, blue or purple**, dairy products, creamers, milks, protein shakes, smoothies, orange juice or juice with pulp.

#### **SUPREP (TWO 6oz BOTTLES): \*2 doses\***

- **Step 1:** Pour **ONE 6-ounce bottle** of SUPREP liquid into the mixing container.
- **Step 2:** Add cool drinking water to the 16-ounce line on the container.
- **Step 3:** Drink **ALL** the liquid in the container.
- **Step 4:** Drink **(2)** more 16-ounce containers of water over the next 1 hour
- **For Second Dose – Repeat Steps 1-4.**
- **Take 4 pills of Gas X (Simethicone 125 mg) at 11pm the night before the procedure.**

#### **SUTAB (TWO BOTTLES OF PILLS): \*2 doses\***

- **Step 1:** Open 1 bottle of 12 tablets & fill the provided container to the 16-ounce line.
- **Step 2:** Take **ALL 12 TABLETS** with the water over 30 to 60 minutes. You may use more water to swallow the tablets if needed.
- **Step 3:** Drink **(2)** more 16-ounce containers of water over the next 1 hour
- **For Second Dose – Repeat Steps 1-3.**
- **Take 4 pills of Gas X (Simethicone 125 mg) at 11pm the night before the procedure.**

#### **SUFLAVE (TWO 1 LITER BOTTLES): \*2 doses\***

- **Step 1:** In the morning, mix 1 flavor packet into each bottle and fill with water, shake until all the powder is dissolved and refrigerate them until time to drink.
- **Step 2:** Start drinking one bottle at recommended time, drink 8oz every 15 minutes until finished.
- **Step 3:** Drink at least 16oz of water over the next 1 hour.
- **For Second Dose – Repeat Steps 1-3.**
- **Take 4 pills of Gas X (Simethicone 125 mg) at 11pm the night before the procedure.**

#### **The DAY OF your colonoscopy**

- **NO SOLID FOODS!**
- **STOP** all liquids, **INCLUDING WATER!** If you don't, your procedure may be postponed or cancelled. Make sure you take your allowed medications with a sip of water (See other page).
- **NO CANDY, GUM, OR SMOKING (INCLUDES VAPING)**
- **DO NOT** apply any lotion to your skin
- Please bring your insurance card, photo ID & co-pay, if required.
- **Please contact Dr. Subramani's office with any questions or concerns 631-422-4343**