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<https://www.manhattangastroenterology.com/>

[Colonoscopy Preparation with **SUPREP**](https://www.manhattangastroenterology.com/patient-info/procedure-instructions/colonoscopy-suprep/) (Split Dose Prep)

Prep instructions for Suprep Colonoscopy procedure at Manhattan Gastroenterology. To learn more visit: [Colonoscopy Procedure](https://www.manhattangastroenterology.com/procedures/colonoscopy-doctor-nyc/)

**Your prescription for SUPREP will be ordered one week before your exam at the pharmacy of your choice.**

Please pick it up at that time.

|  |  |  |  |
| --- | --- | --- | --- |
| **3 Days**  **Before Your Exam** | **2 Days Before**  **Your Exam** | **1 Day Before Your Exam** | **The Day of The Exam** |
| * If you haven’t | * If you have not | * Begin a clear liquid diet. You can have | * **5 hours before** |
| already done so, | already done so, | water, clear broth or bouillon, coffee or | **your appointment** |
| pick up your | please pick up | tea (no milk or creamer), Gatorade, | **time:** Mix and drink |
| prescription for | your prescription | Powerade, Pedialyte, carbonated and non | the second bottle of |
| SUPREP at the | for SUPREP at | carbonated soft drinks, Kool-Aid or other | the SUPREP. Follow |
| pharmacy. | the pharmacy. | fruit flavored drinks, Jell-O, popsicles and | the same mixing |
|  | You will need to | hard candy. No red or purple fluids are | instructions as last |
| * Start a low fiber | drink it tomorrow. | allowed. | night. |
| diet. |  |  |  |
|  | * Do not eat any | * Drink at least **8 glasses of wate**r of | * In the next 1 hour, |
| * Stop any iron supplements | solid food after  **midnight.** | clear liquids throughout the day | drink two 16 ounce glasses of water. |
| * Arrange for your transportation from the procedure * If you need to cancel your   procedure, please |  | * **At 6 PM:** Pour one 6 ounce bottle of the SUPREP into the mixing cup that is with the kit. Add cool water   to the red line on the cup. This will equal 16 ounces. Stir and mix the mixture. Drink the entire mixture in the cup. | * **3 hours before your appointment:** Stop drinking liquids. (You may take your morning medicines   with 4 ounces of water) |
| call the office at 2124278761 |  | * During the next 1 hour, drink two 16 ounce cups of clear liquid. These 2 | * Your stool should be clear |
|  |  | cups are to prevent you from becoming dehydrated. | yellow to be ready for the exam. |
|  |  | * You should have bowel movements |  |
|  |  | in 1 – 2 hours. Bloating will occur and |  |
|  |  | is normal. It will pass. Walk around to |  |
|  |  | improve bloating. Continue drinking |  |
|  |  | clear liquids until you go to bed. |  |