

Prep Date: _____

Procedure Date: _____

Pocono Ambulatory Surgery Center – The facility will call you the day before with your arrival time.

Pocono Medical Center – Please arrive in Central Registration 1 ½ hours before your procedure time: _____

One week before your colonoscopy: Pick up your prescription for the Suclear from your pharmacy. We send prescriptions electronically, therefore your prescription will be sent directly to your pharmacy... Avoid any green, leafy vegetables three days prior to your procedure.

One day before your colonoscopy: Follow a clear, liquid diet from the time you wake up in the morning.

What you can have:

Soda, Coffee, Tea, Fruit juices without pulp
Gatorade, flavored Jello without fruit
Clear beef or chicken broth
Ice popsicles

What you can't have:

Solid foods
Milk or dairy products
Coffee creamer
Anything red in color

On the day before your colonoscopy at 12:00pm:

Step 1: Pour one 6-ounce bottle of SUPREP liquid into the mixing container. Add cool drinking water to the 16-ounce line on the container and mix. Drink ALL of the liquid in the container. You MUST drink two more 16-ounce containers of water over the next hour. Also at this time, add water to the larger jug in the kit. Mix the solution and refrigerate.



Step 2: At **6:00pm**, begin drinking the solution. Drink an 8oz glass every 10 minutes. It's better to drink each glass quickly, instead of taking many small sips. Be sure to drink all of the solution. Finish the solution by **8:00pm**. Continue drinking liquids until bedtime. **Do not eat or drink anything after midnight.**

SPECIAL INSTRUCTIONS

1. If you are allergic to latex products, have sleep apnea, or a history of hepatitis, please notify us.
2. No aspirin products, including ibuprofen, for ____ days prior to the colonoscopy. Tylenol is okay.
3. If you take ginkgo, vitamin E, or garlic supplements, these must be stopped 5 days before the procedure.
4. If you are diabetic, take ½ of your usual dose of insulin on your prep day. Do not take your diabetic pills.
5. If you take Coumadin or Plavix, do not take for ____ days prior to the colonoscopy.
6. If you take heart or blood pressure medication, you can take them in the morning on the day of the procedure with just a small sip of water.
7. You must have a driver to drive you home after the procedure because you will be receiving sedation.
8. If you experience any difficulty with your prep after normal business hours, call 570-421-8968 for assistance.
9. If polyps are removed or biopsies taken, Dr. Covington will call you with the pathology results. Please allow five business days for the pathology department to process the results.

By my signature, I hereby acknowledge my understanding of the instructions listed above:

Patient signature: _____ Date: _____ Witness: _____