

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 SUPREP 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 4:00pm:**

Step 1: Pour one 6-ounce bottle of SUPREP liquid into the mixing container



Step 3: Drink ALL of the liquid in the container.



Step 2: Add cool drinking water to the 16-ounce line on the container and mix.



Step 4: You MUST drink two more 16-ounce containers of water over the next hour.



**At 9:00pm:** Repeat steps 1 through 4 shown above using the other 6-ounce bottle. 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: \_\_\_\_\_