

MAIN GASTROENTEROLOGY, P.C.

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COLONOSCOPY

SUPREP BOWEL PREP

SEVEN – Days before the procedure avoid any blood thinners Coumadin, Plavix, Heparin and Aspirin products.

FIVE - Days before the procedure **avoid**: corn, grapes, watermelon, rye bread, sesame seeds and foods that contain seeds.

THE DAY BEFORE THE PROCEDURE: SUPREP bowel prep instructions:

Have a regular breakfast and take your medications.

12:00 PM: have a liquid lunch.

1:00 PM: Pour the first 6 ounces bottle of SUPREP liquid into the mixing container. Add cool drinking water up to the 16 ounce line on the container and mix. Drink till all the liquid is finished. **NOTE: Dilute the solution concentrate as directed prior to use.** After you finish drinking the solution, you have to drink TWO 16 ounces of clear liquid.

You may continue to drink clear liquids until your next dose.

5:00 PM: Pour the second 6 ounce bottle of SUPREP liquid into the mixing container. Add cool drinking water up to the 16 ounces line on the container and mix. Drink until all the liquid is finished. **NOTE: Dilute the solution concentrate as directed prior to use.** After you finish drinking the solution, you have to drink TWO 16 ounces of clear liquid.

You may continue drinking clear liquids till midnight.

Do not eat or drink anything after midnight.

If your procedure is scheduled after 1:00 PM you may have clear liquids in AM.