

ALBANY GASTROENTEROLOGY CONSULTANTS, PLLC  
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## COLONOSCOPY INSTRUCTIONS

Patient: \_\_\_\_\_

Provider: \_\_\_\_\_

Procedure Date: \_\_\_\_\_

**Arrival Time:** \_\_\_\_\_

Procedure Time: \_\_\_\_\_

### Location:

Ambulatory Surgery Center  
1375 Washington Ave  
Suite 201

St. Peter's Hospital  
315 South Manning Blvd.

Albany Memorial Hospital  
600 Northern Blvd.

Albany Medical Center  
47 New Scotland Ave.  
A Building-4th Floor-A 405

## COLONOSCOPY - SUPREP WITH MAC PREPARATION INSTRUCTIONS

### **One Week Prior to the Procedure**

Starting: \_\_\_\_\_

1. Begin low fiber diet. Stop herbals, vitamins, and oral iron supplements.
2. Arrange for a driver for your procedure.

### **Two Days Prior to the Procedure**

Obtain bowel prep products from your pharmacy:  
One (1) SUPREP KIT (prescription needed).

Stop any anti-inflammatory medications (Motrin, Advil, Ibuprofen). Celebrex and Tylenol are OK to use.

### **One Day Before the Procedure**

NO SOLID FOOD  
NO ALCOHOL  
CLEAR LIQUIDS ALL DAY

1. Drink an extra 8 ounces of clear liquid every hour while awake. Gatorade is preferred. If needed, you may substitute Crystal Light Lemonade or any other clear liquid (no red or purple).
2. **At 8:00-9:00 AM** pour one (1) 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 (2) more 16 ounce containers of water over the next hour.

3. You may apply a petroleum-based or diaper rash product to the rectal area if you experience discomfort from frequent stools.

4. Confirm that you have a driver to take you home.

5. **At 6:00-7:00PM- 10 hours after morning dose** Pour one (1) 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 (2) more 16 ounce containers of water over the next hour.

### **The Day of the Procedure**

NO SOLID FOOD  
NO ALCOHOL

YOU ARE NOT TO HAVE ANYTHING TO DRINK FOR 8 HOURS PRIOR TO YOUR PROCEDURE.

After the procedure you may eat your usual diet unless otherwise instructed. Drink 8 ounces of liquid at least 6 times before retiring for the night.