

DARLENE NEGBENEBOR, M.D., DABIM

90 MORGAN STREET, SUITE 201, STAMFORD, CT 06905 203-998-7400

___ TULLY CENTER

32 Strawberry Hill Court

Stamford, CT 06902

203-276-2000

___ DIAGNOSTIC ENDOSCOPY

778 Long Ridge Road, 2nd Floor

Stamford, CT 06902

203-322-2400

1. Take all routine medications up until the night before the test
2. Blood pressure medications may be taken on the morning of the test
3. **HOLD ORAL DIABETIC MEDICATION ON THE MORNING OF THE TEST
DISCUSS INSULIN DOSING WITH YOUR ENDOCRINOLOGIST**
4. No Aspirin or Anticoagulants such as HEPARIN or COUMADIN for FIVE DAYS prior to your procedure. **IF YOU SEE A CARDIOLOGIST, PLEASE DISCUSS THESE MEDICATIONS WITH THEM.**

APPOINTMENT DATE:	
ARRIVAL TIME:	
PROCEDURE START TIME:	

Please arrive at facility at scheduled arrival time, which will be one hour prior to procedure time

SUPREP BOWEL PREP FOR COLONOSCOPY

On the day before your test:

1. You may eat a light breakfast.
2. Drink only clear liquids, avoid **ALL** red or purple colored liquids.
DO NOT EAT ANY SOLID FOOD OR MILK PRODUCTS AFTER BREAKFAST UNTIL AFTER YOUR COLONOSCOPY IS COMPLETED.
 Examples of clear liquids:
 Water, broth (veg, chicken or beef), ginger ale, tonic water, seltzer, tea, coffee (black), jello (not red), clear juice (apple, white grape, white cranberry), popsicles (not red).
3. Follow the schedule in the table below for your bowel preparation. You may need to get to the toilet right away. You will have multiple bowel movements throughout the day, which will become very watery. The bowels are clean when you are passing only pale yellow fluid without flecks of stool.

6:00pm	Pour one bottle of Suprep into the mixing cup and fill with cold water to the 16 oz line. Drink all 16 oz of Suprep prep. Drink 32 oz of water over the next hour. You may drink clear liquids until midnight
6 hours prior to your scheduled arrival time	Pour the second bottle of Suprep into the mixing cup and fill with cold water to the 16 oz line. Drink all 16 oz of Suprep prep. Drink 32 oz of water over the next hour. DO NOT DRINK ANYTHING ELSE UNTIL AFTER YOUR PROCEDURE

You will need to purchase:

Suprep (Prescription will be provided to you)

PLEASE BE SURE TO HAVE AN ESCORT TO AND FROM THE PROCEDURE