

**HACKENSACK GASTROENTEROLOGY ASSOCIATES, P.A.**

Steven Leibowitz, M.D. \* George Nikias, M.D. \* Richard Lin, M.D.  
Aditi Chhada, M.D. \* Eric Rosendorf, M.D. \* Anish Mammen, M.D.  
130 Kinderkamack Road, Suite 301, River Edge, NJ 07661 \* 201-489-7772 \* Fax 201-489-2544

**SUPREP INSTRUCTIONS**

PLEASE READ INSTRUCTIONS CAREFULLY

**\*\*YOU MUST MAKE TRANSPORTATION ARRANGEMENTS\*\***

**(You will not be able to drive yourself home, you must have an adult with you)**

If you are taking aspirin, blood thinners or anti-inflammatories, YOU MUST INFORM THE PHYSICIAN ONE WEEK PRIOR TO PROCEDURE. **CONTINUE ALL OTHER PRESCRIBED MEDICATIONS** up to the examination date, INCLUDING BLOOD PRESSURE MEDICATIONS. Please notify us if you have undergone heart valve surgery or any other recent prosthetic surgery.

**Avoid salads, leafy greens, flax seeds, chia seeds and granola for 3 days prior to procedure.**

**DAY BEFORE PROCEDURE:**

**You will be on CLEAR LIQUIDS ONLY for the entire day. NO SOLID FOODS OR MILK PRODUCTS. NOTHING RED OR PURPLE. Remain close to bathroom facilities.**

Suprep Bowel Prep Kit is taken as a split dose regimen. You MUST complete the entire prep for both doses to ensure the most effective cleansing.

**Beginning at:** \_\_\_\_\_

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 the liquid in the container. You must drink two more 16-ounce containers of water over the next hour.

**Beginning at:** \_\_\_\_\_

Repeat the above steps with second dose of SUPREP.

On the day of your procedure you may have ONLY CLEAR LIQUIDS up to 4 hours before the test. **STOP ALL LIQUIDS 4 HOURS BEFORE PROCEDURE TIME.**

PLEASE BRING YOUR INSURANCE CARD, ID (DRIVER'S LICENSE) AND A LIST OF ALL OF YOUR MEDICATIONS, COMPLETE WITH DOSAGE AND INSTRUCTIONS TO YOUR APPOINTMENT.

**If you have any questions, please call the office at 201-489-7772**

Report to one of the following addresses:

Hackensack University Medical Plaza  
20 Prospect Ave, Suite 813  
Hackensack, NJ 07601

The Excelsior II  
170 Prospect Ave, 2<sup>nd</sup> Fl, Ste 10  
Hackensack, NJ 07601

Endoscopy Center of Bergen County  
80 Eisenhower Drive  
Paramus, NJ 07652

DATE: \_\_\_\_\_ TIME: \_\_\_\_\_