

SUDARSHAN SINGAL, M.D., F.A.C.G.
Gastroenterology

2070 Biddle Ave., Suite 1, Wyandotte, MI 48192 • (734) 283-4460
 4160 John R, Suite 608, Detroit, MI 48201 • (313) 883-1333

INSTRUCTIONS FOR COLONOSCOPY

You are scheduled for a procedure at Southgate Surgery Center on _____. Their staff will call you the day before your procedure to provide your **arrival** time. Duration of the average stay is 2-3 hours.

THE DAY BEFORE THE TEST

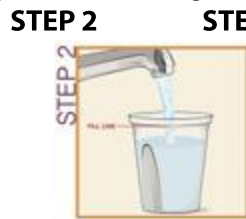
- You must have a liquid diet all day.** See Instructions for Liquid Diet.

Chill the mixed solution (see steps 1-2 below) in the refrigerator before drinking (this makes it taste better). You may also mix SUPREP with any clear liquid--you do not have to use water. Sprite and white grape juice are good choices. Using a straw helps too. Be sure to drink additional clear liquids afterwards.

- At **10:00 am**, begin steps 1-4 (below).
- At **5:00 pm**, repeat steps 1-4 (below) again using the second bottle of SUPREP.



Pour one (1) 6-ounce bottle of SUPREP into the mixing container.



Add cool drinking water to the 16-ounce line on the container and mix. Be sure to dilute SUPREP before you drink it.



Drink **ALL** the liquid in the container.



You **must** drink two (2) more 16-ounce containers of water over the next 1 hour.

★ IMPORTANT ★

- Do not eat or drink anything after midnight.**

THE DAY OF THE TEST:

- If you are taking medication(s) for your blood pressure or your heart, take it (them) with a small amount of water.
- Arrive promptly at the surgery center at the time listed above.
- You must have someone with you at the surgery center during your entire stay and to drive you home. If you have a problem and need a driver, please call Southgate Surgery Center to request courtesy transportation or to reschedule the procedure.
- If you are taking **aspirin**, please discontinue two (2) days prior to the test. If you are taking **Coumadin** or **Plavix**, please discontinue seven (7) days prior to your test.