

Dr. Baum, Dr. Devito, Dr. Okun, Dr. Reydel

SUPREP MIRALAX Colonoscopy Prep

Follow your Clear Liquid Diet at 6pm on: _____ (2 days before procedure).

PREP DATE 1st part on: _____ (2 days before procedure).

Mix the 64 ounces of Gatorade or water with 238 grams of Miralax and shake vigorously. Put in refrigerator and chill, at 6pm start drinking the Miralax mix.

PREP DATE 2nd part on: _____

FIRST DOSE (12 HOURS BEFORE SECOND DOSE) _____

- Pour one (1) 6-ounce bottle of SUPREP liquid into the mixing container. Add any of the following (cold water, cranberry juice, apple juice or Gatorade) to the 16-ounce line on the container and mix, drink all the liquid in the container. You must drink two (2) more 16 ounce containers of water over the next hour.

PREP DATE 3rd part on: _____

SECOND DOSE (4 HOURS BEFORE ARRIVING AT FACILITY AT _____.)

- Follow directions exactly like the first dose.
- **YOU MUST HAVE SOMEONE TO TRANSPORT YOU DAY OF PROCEDURE!**
You will be sedated and will not be permitted to drive.

PROCEDURE DATE: _____

ARRIVAL TIME: _____

CLEAR LIQUID DIET

Start Clear Liquid Diet at 6pm on: _____
(Two days before procedure.)

FRUIT JUICES: White grape, apple, white cranberry

CARBONATED DRINKS: Ginger Ale, Sprite, 7Up, Clear, and flavored Seltzers

SPORTS/FLAVORED DRINKS: Vitamin Water, Power Aide, Gatorade, Powdered lemonade, Iced Tea (NO RED, ORANGE, PURPLE)

COFFEE/TEA: BLACK ONLY! Sugar/Artificial Sweeteners are ok.

WATER: Please drink plenty of water — VERY IMPORTANT

BROTH/BOUILLON: Chicken, Beef, Vegetable (ONLY Broth)

ICE POPS/ITALIAN ICES: No whole fruit or real fruit (NO RED, ORANGE, PURPLE)

JELLO (NO RED, ORANGE, PURPLE)

YOU MAY NOT HAVE THE FOLLOWING:

ABSOLUTELY — No meat, meat substitutions, vegetables, fruits, fruit juices containing pulp and not clear (orange, grapefruit, pineapple, mango, etc.), dairy, dairy substitutions, breads, grains, starches, root beer, cola, or other dark colored sodas.

ABSOLUTELY — No alcohol!

****Nothing by mouth after _____.****
(3 hours before arriving at facility.)

WHERE

St. Mary's Hospital

350 Blvd.
Passaic, NJ 07055
(973) 365-4499
Report to Admissions.

Premier Endoscopy

164 Brighton Rd.
Clifton, NJ 07012
(973) 859-3700, opt. 1

Suburban Endoscopy

799 Bloomfield Ave., Suite 101
Verona, NJ 07044
(973) 571-1600

Hackensack UMC Mountainside

1 Bay Ave.
Montclair, NJ 07042
(973)-429-6000, opt. 1
Report to main entrance on Bay Ave. FREE valet service at entrance.

Clara Maass Medical Center

1 Clara Maass Drive
Belleville, NJ 07109
(973) 450-2000
Report to main entrance.

Please call our office if you have any questions.

973-845-4160, opt. #6