

Rockville Internal Medicine Group  
1201 Seven Locks Road, Ste. 111  
Rockville, MD 20854  
Ph.: 301-762-5020 ext. 3056 Fax: 301-294-7569

**Suprep Method (2 day prep)**  
**Dr.Woo/ Dr. Tesfaye**

**Your procedure is scheduled for: Date:**  
**Time:**  
**Arrival Time:**

Your procedure will be performed at: Bethesda Endoscopy Center:  
Camalier Building  
10215 Fernwood Road, Ste. 260  
Bethesda, MD 20817  
301-530-2800

Please arrange for someone to drive you home after the procedure. You will not be allowed to leave alone if you have any type of sedation. If you have no one to take you home, you may arrange for the following private company to provide service:

Buckley's  
Phone: 703-390-0535  
[info@buckley4seniors.com](mailto:info@buckley4seniors.com)

RMS contact Randy  
301-946-8848 202-345-2845

For questions or schedule changes contact Rockville Internal Medicine Group @ 301-762-5020 ext. 3056 to connect with Karen

**Note: If you are canceling the night before your procedure, contact the endoscopy center directly and leave a message 301-530-2800 (There is a cancellation fee of 150.00 if you don't give 7 day notice).**

**2 DAY PREP FOR PROCEDURE**

**Take an over the counter stool softener 3 days prior to your procedure**

**Preparations for the Colonoscopy**

- Suprep Kit (prescription is needed).
- 1 bottle of Miralax (over the counter)

## **TWO DAYS BEFORE THE PROCEDURE:**

**Have a regular breakfast in the morning. After breakfast take only clear liquids until after your procedure. No solid food after breakfast.**

**Part 1:** In the mid to late afternoon

- 1- Empty 2 capfuls of Miralax into 8-10oz of a clear fluid and dissolve.
- 2- Wait at least a half hour and drink another glass (this is glass 2) of Miralax (2 capfuls) in 8-10oz fluid.
- 3- Wait at least a half hour and drink another glass (this is glass 3) of Miralax (2 capfuls) in 8-10oz fluid.
- 4- Wait at least a half hour and drink another glass (this is glass 4) of Miralax (2 capfuls) in 8-10oz fluid.
- 5- Wait at least a half hour and drink another glass (this is glass 5) of Miralax

### **The Day before:**

**Part 1:** In the late afternoon/ early evening the day before the procedure

First Dose: Begin Step 1 at 4pm the evening before your procedure

**Step 1:** Pour one 6 oz. bottle of Suprep liquid into the mixing container. Then add cool drinking water to the 16 oz. line on the container with the mix (Dilute the solution concentrate as directed prior to use).

**Step 2:** Drink all of the liquid in the container.

**Step 3:** You must drink two more 16 oz. containers of water (clear liquids) over the next hour.

### **Part 2- The Day of your procedure.**

**5 hours before your procedure time you will start part 2 the same way as day one.**

Second Dose: Begin Step 2 - 5 hours prior to your procedure and complete all steps using one 6 oz. bottle.

**Step 1:** Pour one 6 oz. bottle of Suprep liquid into the mixing container. Then add cool drinking water to the 16 oz. line on the container with the mix (Dilute the solution concentrate as directed prior to use).

**Step 2:** Drink all of the liquid in the container.

**Step 3:** You must drink two more 16 oz. containers of water (clear liquids) over the next hour.

**\*\*Ways to better manage the taste of your prep: Make sure the mixture is cold. Use Sprite, Ginger ale or pulp free lemonade to the mix the solution. Drink Mixture with a straw. Suck on a lemon, hard candy or eat sorbet after each sip. Do not chug the solution; take a break if you feel nauseas.\*\***

