Suprep Prep Instructions

Colonoscopy

***Please review these instructions at least one week prior to your procedure. If you have any questions, please contact your doctor’s office.***

You are scheduled to have a colonoscopy on: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Your procedure will be at: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**The facility will call you 1-2 business days prior to your procedure with your arrival time. If you have not heard from the facility by 4:00 pm the day prior to your procedure, please contact them directly. *Times listed in your patient portal are not accurate – the facility will provide you with your arrival time.***

Make arrangements to have a designated driver for the day of your procedure. You cannot work or drive the entire day. You are not allowed to drive, take public transportation (i.e. taxi, bus, or Uber) or leave the endoscopy center alone. If you do not have a responsible driver to accompany you, your exam cannot be done with sedation and will be cancelled.

**Medications:**

* For seven (7) days prior, stop herbal medicines, fish oil, and vitamin E.
* All Weight Loss Injectables, for 1 week (7 days) prior, stop taking your injection medication after consulting with your prescribing physician. Follow your prescribing doctor’s instructions for when and what dose following your procedure. These medications include all GLP – 1RA class drugs:

**Saxenda, Wegovy (Semaglutide), Ozempic, and Mounjaro**

* For five (5) days prior, stop iron pills and any vitamins containing iron.
* Blood thinning medications: Medications such as Coumadin (Warfarin), Plavix (Clopidogrel), Ticlid, Agrylin, Xarelto, Pradaxa, Eliquis, and Effient will need to be stopped prior to your procedure. Check with your prescribing physician prior to stopping these medications. Over-the-counter pain relievers (i.e. Aleve, Ibuprofen, Motrin, Advil) should be held for seven (7) days prior to your procedure. Tylenol (Acetaminophen) is ok to take as needed. You do not need to stop 81mg aspirin (baby aspirin).

Stop \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ days.

* Diabetic medicines: All GLP – 1RA class drugs: **Saxenda, Wegovy (Semaglutide), Ozempic, and Mounjaro -STOP MEDICATION THE DAY BEFORE THE PROCEDURE.** Follow your prescribing doctor’s instructions for when and what dose following your procedure.
* Do not take any diabetic pills the day prior to or the morning of the procedure. Insulin users: The day prior to your procedure, take half of your morning dose and none of the evening dose. The day of your procedure, bring your insulin with you. You should contact your endocrinologist or prescribing doctor regarding these changes.
* Do NOT stop taking any heart, blood pressure, anti-seizure, anti-anxiety, or thyroid medications. These medications, if normally taken in the morning, should be taken at least two (2) hours prior to your arrival time with no more than four (4) ounces of water.

**Four days prior to procedure:**

Do not eat popcorn, corn, beans, pickles, seeds (flax, sunflower, quinoa), multigrain bread, nuts, leafy vegetables, vegetable soup, or any fruits with small seeds (i.e. kiwi, strawberries)

**The day prior to procedure:**

Do not eat any solid foods. You will need to follow a clear liquid diet all day.

*Please drink plenty of additional fluids. A colonoscopy prep can cause dehydration and loss of electrolytes. Increasing the amount of fluid you drink will help to clean out your colon and improve your preparation. Don’t count the prep solution as being part of your fluid volume.*

**Allowed:** Water, hot/iced tea, apple juice, black coffee, white cranberry juice, white grape juice, clear broth or bouillon of any kind (beef, chicken, vegetable), gelatin, water ice, soft drinks (Sprite, Ginger-ale), and sports drinks (Gatorade, Powerade, Propel), and hard candy. Honey, sugar, and sugar substitutes are ok.

**Not allowed:** Absolutely no solid foods, milk, creamer, or any items with red or purple dye.

*Follow these instructions for the prep. Do not follow the instructions on the Suprep box.*



1. **Prior to 8:00 PM**: Prepare the Suprep mixture. Pour one (1) of the 6-ounce bottles of Suprep into the mixing container. Add cool water to fill to the 16-ounce line on the container. Mix.



1. **At 8:00 PM**: Drink the prepared mixture. You must drink the entire mixture and an additional 32 ounces of water within the next hour.
2. **Six (6) hours prior to your arrival time**: Repeat the above steps to mix and drink the second dose. You must drink the entire mixture and an additional 32 ounces of water within the next hour. If you have an early arrival time, this does mean that you will be finishing the last half of your prep during the night or very early in the morning.
3. **Four hours prior to your arrival time**: Stop drinking all clear liquids. For the 4 (four) hours prior to your arrival time, you will need to be fasting. This means NO liquids, including water. Your stomach must be empty for your procedure. No gum, mints, or smoking during this time.

*NOTE: Individual responses to laxatives vary. This prep may cause multiple bowel movements. It may start working in as little as 30 minutes or take as long as 4-6 hours.*

**Helpful tips:**

* If you find it difficult to drink your laxative mixture, try chilling it and drinking through a straw.
* Use baby wipes instead of toilet paper.
* Wear loose fitting clothing
* Remain close to the bathroom. Bowel movements can happen suddenly.
* If anal skin irritation occurs, you may use over-the-counter remedies such as Vaseline.

**Reminders:**

* If prescribed, please have your bloodwork done as soon as possible.
* If required by your insurance, you must obtain necessary referrals for your procedure and follow up visits from your primary care physician.

See the source image (cut here and take with you to your pharmacy) See the source image

**Purchases:**

In order to complete this prep, you will need to purchase the following item(s) at your pharmacy.

1. Suprep (your doctor will send an electronic prescription to your pharmacy)