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## **SUPREP Colonoscopy Instructions**

### **PLEASE READ THESE INSTRUCTIONS AT LEAST 72 HOURS PRIOR TO YOUR PROCEDURE**

A prescription for **SUPREP** will be sent to your pharmacy and should be purchased at least 3 days prior to your procedure.

**If you are taking a GLP1 agonist (e.g. Ozempic, Mounjaro, Zepbound) or phentermine, please see the last page of this document for separate instructions.**

**7 DAYS** before your procedure:

- Stop taking non-steroidal anti-inflammatory medications (NSAIDS) such as ibuprofen (Advil), Aleve, Motrin, and/or Excedrin. Only Tylenol is suggested for pain management.
- You may continue to take aspirin if you are required to for cardiac reasons, but please inform your doctor and our staff in advance of your procedure.
- Stop taking Iron supplements and Pepto-bismol
- **If you take blood thinners (e.g. clopidogrel (Plavix), warfarin (coumadin), Apixaban (Eliquis)), please inform your physician.**
- **If you are a diabetic taking insulin, please discuss with your primary care physician or endocrinologist prior to your procedure.**

**5 DAYS** before your procedure:

- We advise that you begin a diet of easily digestible foods such as: white rice, white bread, pasta, fish, chicken, pork, eggs, potatoes, well-cooked vegetables, fruits without the skin, yogurt and cheese.
- **AVOID:** Foods with seeds and peels (tomatoes, strawberries, grapes, oranges), corn, beans, red meat, and high fiber. Fibers from these foods can clog the colonoscope.

### **THE DAY BEFORE YOUR PROCEDURE:**

- You may have a *light* breakfast before 9am (oatmeal, toast, eggs, protein shake, yogurt, instant breakfast but no seeds/nuts or large portions).
- **After this meal, you will start a clear liquid diet. You may not have solid food or opaque liquids (e.g. milk or smoothies). Keeping well-hydrated before you begin the prep will improve the preparation of your procedure.** Allowable clear liquids include: apple juice, lemonade, white cranberry juice, clear sodas, iced tea, Gatorade, coffee and tea (without milk or creamer), clear broth, Jell-o and ice pops. Please avoid liquids that are heavily colored, such as red cranberry juice or cherry Gatorade. Avoid juices with pulp.
- **You must stop drinking at least 4 hours before your procedure. You should have nothing by mouth within this 4-hour time window except for your essential medications which can be taken with a small sip of water.**

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**If your procedure appointment is before 12 PM:**

**Step 1 – 4-6 PM Afternoon/Early Evening Before Your Procedure:**

- 1) Pour ONE (1) 6-ounce bottle of SUPREP liquid into the mixing container.
- 2) Add cool drinking water to the 16-ounce line on the container and mix.
- 3) Drink ALL the liquid in the container.
- 4) You MUST drink two (2) more 16-ounce containers of clear liquid of your choice over the next 1 hour.

**Step 2 – 10 PM-12AM Evening Before Your Procedure:** Repeat steps 1-4

**If your procedure appointment is on or after 12 PM:**

**Step 1 – 6-8PM Evening Before Your Procedure:**

- 1) Pour ONE (1) 6-ounce bottle of SUPREP liquid into the mixing container.
- 2) Add cool drinking water to the 16-ounce line on the container and mix.
- 3) Drink ALL the liquid in the container.
- 4) You MUST drink two (2) more 16-ounce containers of clear liquid of your choice over the next 1 hour.

**Step 2 – 6 AM Morning of Your Procedure:** Repeat steps 1-4

**NOTE:** If you are not having loose bowel movements by the time you are due for your second dose of SUPREP, please take 15mg of Dulcolax (bisacodyl is the generic – take 3 x 5mg tablets) **and** start your second dose of SUPREP.

**ESCORT POLICY:** It is **REQUIRED** that someone picks you up after the procedure. Your escort can be called when you are in recovery.

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## **Frequently Asked Questions**

### **What should I bring to the Center on the day of my procedure?**

- Photo ID and insurance card
- List of medications
- Remove all jewelry, piercings, and nail polish before arriving. If you have a non-removable piercing, please contact your physician's office.
- You will need to remove contact lenses before your procedure. Please bring extra contact lenses or glasses with you if required.

### **What if I am on my menstrual cycle on the day of my procedure?**

Your menstrual cycle will not affect your procedure.

**PLEASE NOTE: Female patients under the age of 55 will be asked to submit a urine sample for the purposes of pregnancy testing prior to their procedure.**

### **What should I wear to the Center?**

Wear comfortable clothing that is easily stored and removable.

### **What if I am breastfeeding?**

- In general, breastfeeding is considered to be safe after one is fully recovered from anesthesia.
- If you are breastfeeding, please discuss with your gastroenterologist prior to your procedure and notify the anesthesiologist on the day of your procedure.

### **How long will I be at the Center for my procedure?**

- Most patients spend an average of 2-3 hours at the Center.
- Your adult escort does not have to be with you the entire time and you may call your escort once you are in the recovery area to coordinate pick-up.

### **Will cannabis use impact my procedure?**

- If you smoke or vaporize cannabis, please discontinue use 12 hours prior to your procedure.
- If you ingest cannabis, please discontinue use 8 hours prior to your procedure.
- Cannabis use can have cardiac and respiratory effects that may have an impact during your procedure

### **If I have had a recent bed bug exposure, should I still come in for my procedure?**

- Our nurses screen all patients thoroughly for risks associated with bed bug exposures. Please let your physician know if you have had a recent bed bug exposure.

### **What if I just gave birth prior to my procedure?**

- Please inform your physician if you are less than 6 weeks post-partum.

## Instructions for Patients Receiving Phentermine and GLP1 Agonist Medications

Taking **GLP1 [glucagon like peptide 1] agonists and phentermine** medications can have the unanticipated consequence of a food-filled stomach and blood pressure lability during endoscopic procedures. If the stomach is full during these procedures, there is a higher risk for aspiration of gastric contents into the lungs, which would result in abrupt discontinuation of the procedure. In order to reduce these risks, please follow the instructions below.

### Failure to follow these instructions will result in cancellation of your procedure.

IF YOU ARE TAKING THIS MEDICATION...	YOUR LAST DOSE SHOULD BE...
<ul style="list-style-type: none"> <li>• <b>Phentermine</b> (Adipex-P, Lomaira, Qsymia, Suprenza, Lonamin)</li> <li>• <b>Bydureon</b> (exenatide, once-weekly injection)</li> <li>• <b>Mounjaro</b> (tirzepatide, once weekly injection)</li> <li>• <b>Ozempic</b> (semaglutide, once-weekly injection)</li> <li>• <b>Trulicity</b> (dulaglutide, once-weekly injection)</li> <li>• <b>Wegovy</b> (semaglutide, once weekly injection)</li> <li>• <b>Zepbound</b> (tirzepatide, once weekly injection)</li> <li>• </li> </ul>	<p><b>At least 7 days prior to the scheduled procedure(s).</b></p>
<ul style="list-style-type: none"> <li>• <b>Byetta</b> (exenatide, twice daily injection)</li> <li>• <b>Rybelsus</b> (semaglutide, taken by mouth once daily)</li> <li>• <b>Victoza</b> (liraglutide, once-daily injection)</li> </ul>	<p><b>1 day prior to the scheduled procedure(s).</b> You should not take these medications on the day of your procedure.</p>
<p>If you have concerns prior to stopping any medication, please contact your prescribing physician</p>	

PROCEDURE(S)	ADDITIONAL INSTRUCTION
Upper Endoscopy (alone)	<p style="background-color: yellow;"><b>You must begin a clear liquid diet 24 hours prior to your procedure</b> and continue up until 4 hours prior to the procedure. You should only have clear liquids during this time (no solid food or full liquids). <u>You should have nothing by mouth for 4 hours prior to your procedure time.</u></p>
Colonoscopy Upper Endoscopy combined with colonoscopy Flexible sigmoidoscopy (under sedation)	<p style="background-color: yellow;"><b>You must begin a clear liquid diet 24 hours prior to your procedure</b> and continue up until 4 hours prior to the procedure. You should only have clear liquids during this time (no solid food or full liquids). <u>You should have nothing by mouth for 4 hours prior to your procedure time.</u> <b>Follow the remainder of the prep instructions provided by your gastroenterologist or surgeon.</b></p>
<p>Allowable clear liquids include: apple juice, lemonade, white cranberry juice, clear sodas, iced tea, Gatorade, coffee and tea (without milk or creamer), clear broth, Jell-o and ice pops. Please avoid liquids that are heavily colored, such as red cranberry juice or cherry Gatorade. Avoid juices with pulp.</p>	