

Suprep Instructions for Your Colonoscopy

Please be aware that, due to current patient volumes, it may take four to six months to reschedule a cancelled appointment.

One to two days before to your procedure date a nurse will call you to review your medications and confirm the arrival time for your procedure. Please be aware that we may need to change your time on the day of your procedure. **Your procedure will be cancelled and will need to be rescheduled if you are unable to accommodate your new procedure time.**

You will need to be available should we need to contact you to advise you of a change in arrival time. We make every effort to consider your preference, however, our patients are scheduled according to the complexity of their case, insulin dependence or other medical concerns that may take precedence. We appreciate your understanding.

*If you are taking **Coumadin (Warfarin), Plavix, Brilinta, Effient, Jantoven, Lovenox, Aggrenox, Pradaxa, Eliquis, Xarelto, Savaysa** or any other blood thinning medication, **make sure you know if and when you are to stop these medications.** Call the office TODAY if you are unsure.

*If you are taking any GLP-1 medications such as **Ozempic, Wegovy, Rybelsus, Trulicity, Victoza, Monjaro, Zepbound, Bydureon, etc.**, please hold your injection dosing starting seven days prior to your scheduled procedure until AFTER the procedure is complete, as this can cause substantial slowing of the passage of food moving through your GI tract, which can cause some increased difficulty during the procedure. If you are taking one of these medications for diabetes and/or blood sugar control, please contact your primary care doctor to discuss whether you'll need any additional medication for management during this time.

Four Days Before the Exam:

- **Stop NSAIDS (Ibuprofen, Motrin, Advil, Naprosyn, Aleve, Relafen or the like).** You may continue to take a single aspirin 81 mg/325mg tablet daily and/or Tylenol.
- **Stop iron supplements.**
- Stop eating nuts, seeds, popcorn, tomatoes, peanuts, corn, berries, and breads or crackers with visible seeds.

- Purchase soothing wipes and barrier cream such as Vitamin A&D ointment to help with anal irritation. Do not use Desitin.
- Purchase the SUPREP kit from your pharmacy. Use these instructions rather than the ones on the box.

One Day Before the Exam (Prep Day):

- You may have a small, light breakfast before **10 a.m.** Examples of a light breakfast include eggs, soup/broth with noodles (no meat or vegetables), white crackers/rice/potatoes/bread, Boost or Ensure.
- **After 10 a.m., begin a clear liquid diet.** Do not eat anything solid. **No dairy.** Clear liquids include water, tea, coffee, apple juice, white grape juice, white cranberry juice, sports drinks, vitamin waters, Jell-O, broth, and soda. Try to drink at least six to eight glasses of clear liquid on this day before 5 p.m.
- The exception to the above is that you may drink up to two vanilla Boost or Ensure drinks before 5 PM. Use the sugar-free version if needed.
- **If you are diabetic** and taking insulin or using an insulin pump, use ½ your daily dosage today. If you are taking oral diabetic medications, take ½ the dosage you usually take. **Otherwise, take your regular medications, including the day of the exam.**

Around 5 p.m. start your preparation:

1. **Step 1:** Pour one 6-ounce bottle of SUPREP liquid into the mixing container.
 2. **Step 2:** Add cool drinking water to the 16-ounce line on the container and mix.
 3. **Step 3:** Drink all the liquid in the container.
 4. **Step 4:** You **must** drink two (2) more 16-ounce containers of water over the next hour.
- Chills, bloating, cramping, nausea and vomiting may occur. If so, take a break from drinking the prep for 30 minutes. Resume drinking the container of prep until it is finished, taking breaks as needed.
 - A bowel movement will usually occur within an hour after the 1st glass of SUPREP. Don't worry if this does not happen for 3-4 hours. Everyone is different.

- **Bowel movements will occur that are watery and frequent until the bowel is fully cleansed. The end result should be clear or pale-yellow liquid.**
- **Please continue your clear liquid diet over the course of the evening in order to remain hydrated.**

Day of Exam:

Four hours before your scheduled procedure start time, repeat steps 1 through 4 as described above, using the second 6-ounce bottle. You must be finished drinking three hours prior to your scheduled procedure time.

- **Remain hydrated throughout your bowel preparation. You may drink clear fluids throughout the entire preparation up until three hours prior to your scheduled appointment time.**
- **Do not drink anything beginning three hours before your scheduled procedure start time, until after the exam is complete.**
- **If you are diabetic, do NOT take your daily diabetic medication this morning.**

The success of the exam is very dependent on your colon being empty of fecal matter. The end result should be clear or pale, colorful (typically yellow) liquid. Please complete the bowel preparation as instructed. Contact the doctor's office at **(707) 541-7900** should you experience any difficulties or have concerns with the bowel preparation. An on-call Gastroenterologist (doctor) is available during non-office hours at **(707) 541-7900**.

The hardest part is over! After you arrive for your colonoscopy, you will meet with a nurse who will talk to you about your medical history, start an IV so you can get fluids, and get you settled. After you meet with your doctor, you will be given medication to sedate you and keep you comfortable during your colonoscopy.

You will recover after your procedure for about 30 minutes and will be given a written report with instructions to take home.

After the Examination:

- **You must have a driver to pick you up. YOU CANNOT DRIVE YOURSELF HOME.** If you do not have someone to drive you home, your procedure will be cancelled.