

Colonoscopy Prep – Suprep

Procedure Date: _____ Facility: _____

- The Hospital/Surgery Center will call you the day before with a time. They will call late afternoon.
- You **MUST** have a driver the day of the procedure that waits with you or the hospital will make you reschedule.
- Follow this instruction sheet **NOT** the instructions that come with your prep.

7 DAYS BEFORE YOUR PROCEDURE	5 DAYS BEFORE YOUR PROCEDURE	2 DAYS BEFORE YOUR PROCEDURE	THE DAY BEFORE YOUR PROCEDURE	IF YOUR PRESCRIPTION PREP IS TOO COSTLY
<ul style="list-style-type: none"> • If you have not already, pick up your prep from the pharmacy. • Read over these instructions COMPLETELY to avoid any last minute questions or errors. <p>STOP any GLP-1 Receptor Agonist drugs. It is suggested that you contact your prescribing physician if you take these medications for diabetic management.</p> <p>Some commonly used: Rybelsus (oral Semaglutide) Bydureon (Exenatide) Ozempic (Semaglutide) Trulicity (Dulaglutide) Victoza (Liraglutide) Adlyxin (Lixisenatide) Byetta (Exenatide) Mounjaro Saxenda Wegovy Adipex</p>	<p>You MUST discontinue taking the following medications:</p> <ul style="list-style-type: none"> • Aggrenox • Aspirin • Brilinta (Generic: Ticagrelor) • Trental • Coumadin • Effient • Plavix (Generic: Clopidogrel) • Pletal (Generic: Cilostazol) • Iron pills • Multi Vitamin w/Iron <p>*If you take Coumadin, Plavix, Brilinta or Effient, please consult with your prescribing doctor as to a safe discontinuation date.</p>	<p>You MUST Discontinue taking the following medications:</p> <ul style="list-style-type: none"> • Eliquis • Pradaxa • Xarelto 	<p>You MUST be on a clear liquid diet the entire day before your procedure day! (see allowed diet below)</p> <p>5:00PM – Pour one bottle of Suprep in the mixing container. Add cool drinking water to the 16oz fill line and mix. Drink all the liquid. You must drink 2 more 16oz containers of water over the next 1 hour.</p> <p>10:00PM – Repeat ALL of the 5:00pm instructions with the second bottle of Suprep.</p> <p>*Nothing to eat or drink after midnight</p>	<p>You may replace your prescription prep with the following instructions:</p> <p>Supplies to Purchase (over the counter):</p> <p>1 8.4oz bottle of Miralax</p> <p>4 Dulcolax Tablets</p> <p>64 ounces of Gatorade or Powerade (not red, blue or purple)</p> <p>12:00pm Take 2 Dulcolax w/water</p> <p>4:00pm Mix entire bottle of Miralax w/all the Gatorade. Drink one 8oz glass every 20-30 minutes until gone</p> <p>8:00pm take the last 2 Dulcolax with 8oz of water</p>
<p>CLEAR LIQUID DIET: Water, chicken or beef broth, Jell-O or popsicles (nothing RED, BLUE or PURPLE) coffee or tea (no cream or milk), tea (iced or hot w/no milk), white grape or apple juice, 7-UP, Sprite or Mountain Dew, lemonade or limeade (no pulp).</p>				