



Suprep Colonoscopy prep

In order to achieve an accurate evaluation of your lower gastrointestinal (GI) tract, it is important that you properly prepare for the procedure. You **must** do your prep in split doses and at the specified times given. Doctors are able to obtain the clearest view of the bowel when it is flushed completely free of waste material. The thoroughness of this intestinal cleaning depends on you. Without your cooperation, the examination cannot accomplish its purpose and may have to be repeated.

The first bottle (or dose) is used to loosen everything up. The second bottle (or dose) is then used to wash the colon clean. Did you know that the colon continues to produce stool, even though you are not eating or drinking, therefore it is imperative you do the last dose at the appropriate time.

STOP prior to procedure:

- Plavix, Aggrenox, Brilinta, Effient, Cilostazol, Ozempic, Wegovy, Trulicity, Mounjaro, Bydureon, Zepbound, Semaglutide, Rybelsus, Victoza, Saxenda, Soliqua, Adlyxin, Byetta – **stop 7 days in advance**
- Coumadin – **stop 4 days in advance**
- Eliquis, Xarelto, Pradaxa – **stop 3 days in advance**





5 days prior

- Do not take oral iron tablets.
- Do not consume any foods that contain seeds or nuts. These foods take longer to pass through the bowel and should be avoided.

2 days before your procedure:

take 2 laxative tablets (Dulcolax, Ex-Lax) **OR** 1 bottle Magnesium Citrate at bedtime

At 5:00pm the evening before your procedure:

<p>STEP 1</p> 	<p>Pour ONE (1) 6-ounce bottle of SUPREP liquid into the mixing container.</p>	<p>STEP 2</p> 	<p>Add cool drinking water to the 16-ounce line on the container and mix. NOTE: Dilute the solution concentrate as directed prior to use.</p>
<p>STEP 3</p> 	<p>Drink ALL the liquid in the container.</p>	<p>STEP 4</p> <p>IMPORTANT</p> 	<p>You must drink two (2) more 16-ounce containers of water over the next 1 hour.</p>

Second dose of prep

At Midnight: Pour 2nd bottle of Suprep liquid into the mixing container, add cool water to the 16-oz line, mix and drink all of the liquid. Follow this with 2 additional 16-oz of clear liquid of your choice over the next hour.

NOTE: We are aware of the inconvenience, but the two-stage prep provides a superior cleansing of the colon. It is normal to feel very “full” or “bloated” during your prep. Some people may also experience nausea and vomiting. If this occurs, simply wait about 30 minutes before resuming drinking. This will likely disappear once bowel movements begin. If your bowel movements are not clear or pale yellow after completing the prep, please call our office at (704) 978-1144 choose option 7

On the day of your colonoscopy

1. You may only have WATER until _____ (3 hours prior) to your procedure.
2. Take any currently prescribed heart and blood pressure medications (except for blood thinners as detailed above), with a sip of water 2 hours prior to your procedure.
3. **If you are diabetic:** Do not take your diabetic medications (pills or insulin) the morning of your procedure. If you normally monitor your sugars at home, please check your blood sugar the morning of your procedure. You may bring your medication with you to take after your procedure.
4. Please report to your appointment as scheduled. NOTE: You will be there about 3-4 hours. Please be flexible with your arrival time, in case we have last minute cancellations.
5. **A driver must accompany you and remain on the premises.** You will be sedated. If your driver does not stay, your procedure will be canceled. You may not drive or work for 24 hours after the procedure.
6. Do not wear makeup. Remove and leave all jewelry at home
7. **No chewing gum, hard candy or smoking/chewing/vaping tobacco products**

If you need to reschedule or cancel your procedure, we ask that you call within 48 hrs, so we can offer the time to another patient. Cancellations without a 48-hour notification may incur a charge. Please make every effort to keep this appointment (rescheduling would be for the next available and may be several weeks/months out). We can be reached at 704-978-1144 option # 7

~ Thank you for allowing us to take care of your GI health ~