

COLONOSCOPY PRE-OP INSTRUCTIONS: SUPREP

PLANNING FOR YOUR COLONOSCOPY:

- You may not drive on the day of your procedure. You will need a responsible driver at least 18 years old to take you home. Uber® / Lyft® and taxis are not considered a responsible party. We will not sedate you unless we have a name/phone # of person who is taking you home.
 - Your entire visit on the day of the procedure may last up to 3 to 4 hours. Please advise your driver to remain near the facility during your entire visit.
 - Please complete your online registration as soon as possible by going to our website volunteersurgerycenter.com and click the "Register Now" button. Further instructions are attached.
 - If you have not received your bowel prep materials (laxative kit) or if you must reschedule your appointment, please call Volunteer Surgery Center at 423-690-3250.
 - Supplies needed:
 - Fill your prescription for Suprep® at your local pharmacy. *****IMPORTANT! Please follow the instructions exactly as written on this sheet. You will find different instructions on the Suprep® package insert but DO NOT drink the prep according to those instructions. You may risk having to cancel your procedure.*****
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7 DAYS BEFORE YOUR COLONOSCOPY:

- If you take low dosage aspirin (325 mg or less) or NSAIDS (Advil®, Aleve®, Motrin®, Mobic®, or Ibuprofen) you may continue to take as usual.
- If you take a blood thinner or high dosage aspirin (greater than 325 mg), see attached sheet instructions. Check with your doctor to be sure it is safe to hold your medication.
- **STOP** taking ADHD medicine and Phentermine.
- **STOP** taking any weekly injections of Glucagon-Like Peptides-1(GLP-1) Such as; Ozempic® (Semaglutide), Trulicity® (Dulaglutide), Bydureon BCise® (exenatide extended release).
- **STOP** taking Supplements or Multi Vitamins that contain Iron, Fish Oil, and Vitamin E.

4 DAYS BEFORE YOUR COLONOSCOPY:

- If you take oral meds for Diabetes, contact your doctor to see if your dose needs to be adjusted on the day before your procedure.
- START a soft food, low fiber diet following the below guidelines.

Examples of Soft Foods that are Allowed	Stop Eating
<ul style="list-style-type: none">• White bread• Pasta / noodles• White rice• Skinless potatoes• Veggies without seeds or skin (must be canned or well-cooked)• Fresh or canned fruit without seeds or skin• The only meat allowed is FISH• Yogurt	<ul style="list-style-type: none">• Popcorn• Corn• Seeds• Nuts• Beans• Celery• Fruits with small seeds• Meat (except fish)• High fiber foods

2 DAYS BEFORE YOUR COLONOSCOPY:

- STOP taking SGLT-2 Inhibitors (taken for diabetes) such as: Rybelsus (Semaglutide) Byetta (Exenatide), Victoza, Saxenda (Liraglutide), and Adlyxin (Lixisenatide).

1 DAY BEFORE YOUR COLONOSCOPY:

- Begin clear liquid diet following the below guidelines. **NO SOLID FOODS** are allowed on this day. Drink at least 8 glasses of water from 8AM – 4 PM.

Clear Liquids that are Allowed	Liquids that are Not Allowed
<ul style="list-style-type: none">• Clear broth• Bouillon• Popsicles (not red or purple)• Jello® (not red or purple)• Gatorade (not red or purple)• Pedialyte® (not red or purple)• Black Coffee or Tea• Soft drinks (either carbonated or non-carbonated)• Kool Aid® (not red or purple)• Other fruit flavored drinks that you can see through (not red or purple)	<ul style="list-style-type: none">• Red or purple dyes of any kind• Alcohol• Milk• Juice with pulp• Any liquid that you can not see through

- Also on this day, begin the Suprep® prep **following these instructions:**
 - **At 5:00 pm:** Pour the 1st bottle of Suprep® (6 oz) into provided container and add cold water to the fill mark. Drink the entire mixture.
 - Then drink 2 additional glasses of water (16 oz each) over the next 1 hour.
- Additional Tips:
 - Stay near a toilet. You will have diarrhea, which can be quite sudden. This is normal.
 - If you have nausea with the prep, give yourself 30-60 minute break, rinse your mouth or brush your teeth, then resume drinking the prep.
 - Anal skin irritations or hemorrhoid inflammation may occur. If this happens, treat

with over-the-counter remedies, such as hydrocortisone cream, baby wipes, Vaseline, Destin or Tucks Pads. Avoid products that contains alcohol. If you have a prescription for hemorrhoid cream, you may use it. DO NOT use suppositories.

ON THE DAY OF YOUR COLONOSCOPY:

- After Midnight: **No liquids except the Suprep® prep solution.**
- 4 hours before arrival time: Pour the 2nd bottle of Suprep® (6 oz) into the container. As with the prior dose, add cold water to the fill mark. Drink the entire mixture.
- Then drink 2 additional glasses of water (16 oz each) over the next 1 hour.
- 2 hours before your procedure time:
 - You may take your morning medications with 1-2 sips of water.
 - **DO NOT** use any form of tobacco (cigarettes, chew, dip)
 - **DO NOT** wear any perfume or cologne
 - **DO NOT** chew gum or eat hard candy.
 - If you have Asthma, bring your inhalers.
 - If you take injectable insulin, bring with you.
 - If you are a diabetic do not take medications but please bring them with you.
 - If you wear dentures: For safety reasons, you may be expected to remove them before your procedure.
 - Dress comfortably in clothes that can be easily removed and folded.
 - Please bring your ID and Insurance Card.
 - You may not drive on the day of your procedure. You will need a responsible driver at least 18 years old to take you home. Uber® / Lyft® and taxis are not considered a responsible party. We will not sedate you unless we have a name/phone # of person who is taking you home.