VOLUNTEER Surgery Center



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 <u>3 to 4 hours</u>. 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 <u>not received your bowel prep materials</u> (laxative kit) or if you must <u>reschedule</u> your appointment, please call Volunteer Surgery Center at 423-690-3250.
- Supplies needed:

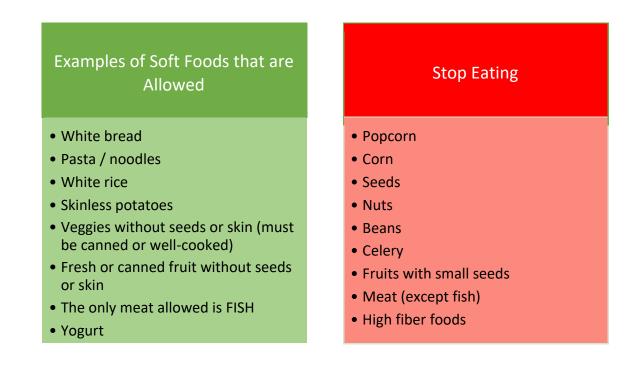
• Fill your prescription for Suprep[®] at your local pharmacy. ***IMPORTANT! <u>Please</u> <u>follow the instructions exactly as written on this sheet</u>. You will find different instructions on the Suprep[®] package insert but DO NOT drink the prep according to those instructions. You may risk having to cancel your procedure.***

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.
- <u>STOP</u> taking ADHD medicine and Phentermine.
- <u>STOP</u> taking any weekly injections of Glucagon-Like Peptides-1(GLP-1) Such as; Ozempic[®] (Semaglutide), Trulicity[®] (Dulaglutide), Bydureon BCise[®] (exenatide extended release).
- <u>STOP</u> 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.
- <u>START</u> a soft food, low fiber diet following the below guidelines.



2 DAYS BEFORE YOUR COLONOSCOPY:

• <u>STOP</u> 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. <u>NO SOLID FOODS</u> are allowed on this day. Drink at least 8 glasses of water from 8AM – 4 PM.

Clear Liquids that are Allowed

- Clear broth
- Bouillon
- Popcicles (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)

Liquids that are Not Allowed

- 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 <u>following these instructions</u>:
 - \Box <u>At 5:00 pm</u>: Pour the 1st bottle of Suprep[®] (6 oz) into provided container and add cold water to the fill mark. Drink the entire mixture.
 - $\hfill\square$ 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:

- <u>After Midnight</u>: No liquids except the Suprep[®] prep solution.
- <u>4 hours before arrival time</u>: 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.
- <u>2 hours before your procedure time</u>:
 - You may take your morning medications with <u>1-2 sips of water</u>.
 - 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.