

SuPrep Split Prep Instructions

IMPORTANT:

- STOP Phenteramine and other weight reduction medications (including injections such as Wegovy, Ozempic, and Mounjaro) 1 week before your procedure.
- STOP iron tablets 1 week before your procedure.
- You must notify the office of all prescriptions you are taking. Patients with diabetes or heart disease may need specific instructions.
- It is critical that you notify our office as soon as possible if you take any blood thinners such as **Aspirin, Plavix, Coumadin (Warfarin), Effient, Pradaxa, Eliquis, or Brilinta.**

Failure to follow these directions may result in your procedure being rescheduled.

REMEMBER:

- DO NOT EAT: Raw fruits, nuts, vegetables, or fiber supplements 3 days before your procedure.
- DO NOT: Chew gum or have hard candy the day of your procedure.
- DO NOT smoke (vaping, tobacco, marijuana, or illicit drugs) on the day of your procedure.

DAY BEFORE THE COLONOSCOPY:

- You are to have only **CLEAR LIQUIDS** avoiding **RED OR PURPLE LIQUIDS**. Clear liquids include juices without pulp, water, broth, black coffee, black tea, and Gatorade.
- You may have Jell-O, soda (7-Up, Sprite, Starry, Ginger Ale), and popsicles so long as they are not colored red or purple.
- DO NOT consume solid foods, milk, or milk products.

SuPrep INSTRUCTIONS (Day Before)

Both 6 ounce bottles are required to complete prep.

- 7:00 PM – Complete steps 1-4 below using one 6 ounce bottle before going to bed.

STEPS

1. Pour one 6 ounce bottle of SUPREP liquid into the mixing container.
2. Add cool drinking water to the 16 ounce line on the container and mix.
3. Drink ALL the liquid in the container.
4. You must drink two more 16 ounce containers of water over the next 1 hour.

DAY OF THE PROCEDURE:

SuPrep INSTRUCTIONS (Morning Of)

- 6:00 AM – Repeat steps 1-4 listed above using the remaining 6 ounce bottle. You must drink all 6 ounces in 15 minutes
- You may **NOT** have anything else to drink after the morning solution is gone. You should be finished the solution no later than 8:00 AM.
- **You may not eat or drink anything.**
- If you are on blood pressure medications, seizure, anxiety, or chronic pain medications, take as directed with a small sip of water.
- Do **NOT** take diabetes pills.
- If you are on insulin, decrease your dose by 1/2 .
- If you experience vomiting, please contact the office or the on-call physician.
- If you use inhalers, bring them with you to the EndoCentre.

****Reminder**** You MUST have someone drive you home given you will receive intravenous medication that makes you drowsy.

Please call us immediately if you have any questions or concerns.

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