

Noah Zinkin, MD, MMSc  
775 Park Avenue, Suite 225  
Huntington, NY 11743  
(631) 923-1420

## **Suprep – Split Dose Prep**

\*Please remember to arrange for a responsible adult to accompany you home. If you do not have an adult escort your procedure will be cancelled and rescheduled. Taxis are not permitted.

Review the preparation schedule below for the days preceding your colonoscopy. Should you need further assistance please call 631-923-1420

### **1 Week Prior**

Go to pharmacy and fill your prescription for Suprep. Please call our office if you did not receive a prescription.

If you take fiber supplements or vitamins containing iron, please discontinue 5 days before your appointment.

If you have diabetes, please ask us for diet and medication instructions.

If you take aspirin, plavix, Coumadin, or other blood thinners, please discuss with Dr. Zinkin whether you should continue or discontinue these prior to your procedure.

If you take Jardiance, Farxiga, Invokana or Steglatro, you must stop it 4 days before your procedure

### **3 Days Prior**

**Begin Low Fiber Diet (No fruits or vegetables. No whole wheat or high fiber. No seeds, nuts, corn or popcorn**

**No bran or bulking agents)**

### **The Day Prior**

You may have a light, low fiber breakfast. Afterwards, begin a clear liquid diet. This includes water, clear broth or bouillon, coffee or tea, Gatorade, carbonated & non-carbonated soft drinks, Kool-Aid or other fruit-flavored drinks, strained fruit juices (no pulp), Jell-O, popsicles and hard candy. For lunch, you may have ice cream, a milkshake, or yogurt that does not contain seeds, nuts or anything solid. Drink at least 64 ounces (1/2 gallon) of clear liquid throughout the day.

## **NO RED LIQUIDS**

### **SUPREP Instructions:**

Starting at 5:30 PM the evening before your procedure:

1. Pour ONE six ounce bottle of SUPREP 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 2 or more 16 ounce containers of water over the next 1 hour

### **On the procedure day**

Starting 6 hours before your procedure:

1. Pour the second six ounce bottle of SUPREP 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 2 or more 16 ounce containers of water over the next 1 hour

**Have NOTHING to eat or drink for 4 hours before your procedure. Morning medications may be taken with a sip of water.**

### **Upon departing for your procedure:**

Do not eat or drink anything. Morning medications may be taken with a sip of water.

Leave your valuables at home

Please arrange for a responsible driver to take you home. Taxis are not permitted.

Remember that no driving or work is permitted on the day of the procedure.

**Women who have had a period within 1 year will be asked for a urine specimen for a pregnancy test**

Noah Zinkin, MD, MMSc  
775 Park Avenue, Suite 225  
Huntington, NY 11743  
(631) 923-1420

## Instructions for Medications

**Ozempic** (semaglutide), **Wegovy** (semaglutide), **Mounjaro** (trizerpatide), **Trulicity** (Dulaglutide), **Bydureon** (exenatide) – do not take for 1 week prior to the procedure (so you will skip one dose)

**Rybelsus** (semaglutide) **Victoza** (liraglutide) – do not take the day of the procedure or the day prior to the procedure

**Byetta** (exenatide) – do not take the day of the procedure or the evening prior to the procedure

**Soliqua** (Insulin + lixisenatide) – you’ll need to speak with your diabetes specialist

**Jardiance** (empagliflozin), **Farxiga** (dapagliflozin), **Invokana** (canafloglozin) or **Steglatro** (ertugliflozin), – stop 4 days before your procedure

**Aspirin** generally does not need to be stopped before endoscopies and colonoscopies

**Plavix** (clopidogrel), **Effient** (prasugrel), **Brilinta** (ticagrelor), **coumadin/warfarin**, **Xarelto** (rivaroxaban), **Eliquis** (apixaban), and **Pradaxa** (dabigatran) are all handled on a case-by-case basis – please speak with us prior to the procedure. We may in turn speak with your cardiologist to determine the best plan.

---

## Low fiber diet (start 3 days before procedure)

### Avoid

Fruits  
Vegetables  
Whole grains (whole wheat, farro, barley, quinoa, brown rice)  
Oatmeal  
High fiber cereals (granola, shredded wheat etc.)  
Bran  
Beans  
Seeds  
Nuts  
Corn  
Popcom

### Foods you can have

Dairy: Milk, yogurt, cheese  
Eggs  
Meat (steak, hamburgers, hot dogs, pork, ham, chicken, turkey)  
Fish (salmon, tuna etc.)  
Shellfish (shrimp, lobster etc.)  
Tofu  
Low fiber bread (white bread, sour dough, rye without seeds)  
Regular pasta  
White rice  
Low fiber snacks (pretzels, potato chips)  
Low fiber cereal (Rice Krispies, Chex, cornflakes)  
Potatoes (without the skin)