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Suprep – Evening Before 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

Starting at 10 PM the evening before your procedure:

Repeat steps 1-4 above

Do not eat or drink anything after midnight

On the procedure day:

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

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)