



Gastro Health & Nutrition

Colonoscopy Procedure Instructions

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SuPrep

Preparing for Colonoscopy: Week Before the Procedure



7 Days prior to procedure STOP: Rybelsus (semaglutide), Victoza (liraglutide), Saxenda (liraglutide), Byetta (exenatide), Adlyxin (Lixisenatide), Ozempic (semaglutide), Wegovy (semaglutide), Trulicity (dulaglutide), Bydureon (exenatide), Mounjaro (tirzepatide), Zepbound (tirzepatide), Ticlid (ticlopidine), Plavix (clopidogrel), Aggrenox (aspirin/dipyridamole), Effient (prasugrel), Phentermine.

5 Days prior to procedure STOP: (unless otherwise instructed) Coumadin (warfarin) - Products that contain olestra - Popcorn, nuts & seeds.

2 Days prior to procedure STOP: Pradaxa (Debigatran Etexilate) - Xarelto - Eliquis

1 Day prior to your procedure:



- **Drink only clear liquids the entire day.** Your preparation will work better if you drink extra fluids all day, so drink fluids starting first thing in the morning. (Note: if you are on fluid restrictions, please let us know.)
- Drink an 8-ounce glass every hour at minimum. It is important that you drink plenty of liquids to ensure that the laxative will work and to avoid dehydration.



Things you may have:

Apple juice, white grape juice, clear broth, Bouillon, Jello, Popsicles, water, black coffee, tea, Hi-C, Gatorade, Lemonade, Iced Tea, Soda and Kool-Aid



Things you may NOT have:

Solid foods, Juices with pulp, alcoholic beverages, milk, milk products, caffeine (limit 3 per day), items that are red or purple

Note: Colon-cleansing preparations cause frequent, liquid stools. You may have your first bowel movement about one hour after you start to drink the solution. You may continue to pass liquid stools up two hours after you finish the solution. If you have severe cramps, nausea or vomiting, drink the solution slower until your symptoms improve.



If you find it hard to tolerate the taste of the solutions these tips may help:

- Refrigerate the solution and drink it cold. Do not add ice or flavorings
- Suck on ice or a lemon or lime wedge
- Chew gum right before you drink each glass of solution
- Drink the solution through a straw



1 Night prior to your procedure:

Start your laxative at 6:00 pm - Pour one 6-ounce bottle of SuPrep into the mixing container. Add cold water to the fill line (16 ounces total) and stir. Drink all the liquid. When done you must drink two more 16-ounce glasses of clear liquid within the next hour to help the laxative work.



Morning of the procedure:

Take the second dose of laxative 4 hours prior to your arrival time (plus drive time.) Pour one 6-ounce bottle of SuPrep into the mixing container. Add cold water to the fill line (16 ounces total) and stir. Drink all of the liquid.

When done, you must drink 2 more 16-ounce glasses of clear liquid within the next hour to help the laxative work. Even if your stools were clear after your laxative dose last evening, you must drink the second laxative dose. Continue to drink clear liquids until 2 hours prior to your arrival time.

Your stools should be clear or yellow, so that you can see through to the bottom of the toilet following a bowel movement. If not, you will need to drink a 10oz bottle of Magnesium Citrate (available over the counter.)



Medications: You may take your regular allowed medications on the morning of your appointment. Bring a list of all your current medications to your procedure. *You may take heart, blood pressure, seizure, anti-rejection, and/or anti-anxiety/depression medication the morning of your procedure.

If there are any medications you feel should not be missed, please call the office to check. When you come in for the procedure, please let the nurse know what medications you have taken that day.

Diabetics: Do not take any diabetic medication or insulin on the morning of your procedure.

If you forget to discontinue any of these medications, please let the nurse know when you arrive for your procedure.