



## SUPREP INSTRUCTIONS

READ & FOLLOW ALL INSTRUCTIONS - PLEASE CALL (804) 282-3114 WITH QUESTIONS

**YOU MUST STOP TAKING OZEMPIC, TRULICITY, WEGOVY, MOUNJARO, SEMAGLUTIDE, SAXENDA OR ANY OTHER GLP-1 AGONIST AT LEAST 7 DAYS BEFORE YOUR PROCEDURE – YOUR PROCEDURE WILL BE CANCELED IF THIS IS NOT FOLLOWED AS THIS IS A SAFETY ISSUE AND COULD RESULT IN SERIOUS MEDICAL COMPLICATIONS. PLEASE CALL OUR OFFICE WITH QUESTIONS OR CONCERNS.**

### I. 3 DAYS BEFORE YOUR COLONOSCOPY:

1. STOP blood thinners, including Coumadin, Plavix, Eliquis, Xarelto, and Brilinta.
2. If you take insulin or a GLP-1 agonist for diabetes, consult your prescribing physician for dosing adjustment.
3. STOP iron supplements. STOP NSAIDs such as ADVIL, MOTRIN, ALEVE, NAPROXYN, MALOXICAM, IBUPROFEN and DICLOFENAC.
4. YOU MAKE TAKE Tylenol and other brands that contain acetaminophen.
5. DO NOT EAT nuts, peanuts, sunflower seeds, fruits or vegetables with seeds. Seeds will remain in the colon even after the preparation. DO NOT EAT potato chips with Olean or Olestra. DO NOT EAT corn, popcorn, lentils, quinoa or beans.

### II. THE DAY BEFORE YOUR PROCEDURE:

1. Begin a CLEAR LIQUID DIET ALL DAY. NO SOLID FOODS for the entire day.
2. Clear liquids include water and these other suggestions:

Chicken Broth, bouillon  
Apple Juice

Tea, 7-Up, Ginger Ale, Sprite, Mountain Dew – Diet OK  
Clear Gatorade or Flavored Water  
Jello – lemon, lime or pineapple flavors only

Popsicles – Lemon and Banana  
White Grape Juice  
Lemon Italian Ice  
White Cranberry Juice

3. You may drink one cup of black coffee or plain tea. However, you MAY NOT drink any milk or dairy products including milk or cream in your coffee or tea. You MAY NOT have anything that contains red, purple, orange or blue dyes.
4. You MUST CONSUME 2 liters of fluid or more the day before your procedure.

### SUPREP INSTRUCTIONS:

First Dose, start at 7 pm the night before your scheduled procedure:

1. Pour ONE (1) 6-ounce bottle of SUPREP liquid into the mixing cup.
2. Add cool water to the 16-ounce line on the cup and mix.
3. Drink ALL of the liquid
4. Drink 2 more 16-ounce cups of water within the next hour.

Second Dose, start 5 hours before your scheduled procedure time:

1. Repeat Instructions as stated above for First Dose
2. During this time, PLEASE TAKE your usual morning medications, including blood pressure medication. DO NOT take blood thinners and iron supplements.

### III. DAY OF PROCEDURE:

1. **DO NOT CONSUME ANYTHING 3 HOURS BEFORE PROCEDURE, INCLUDING MEDICATIONS, WATER OR ICE. DO NOT SUCK ON MINTS OR CHEW GUM.**
2. **DUE TO SEDATION, YOU MUST BE ACCOMPANIED BY AN ADULT WHO WILL REMAIN IN THE OFFICE UNTIL YOUR PROCEDURE IS COMPLETE. YOU CANNOT DRIVE!!** You will be allowed to take a taxi or bus if accompanied by an adult you know. Your entire procedure should take approximately 90 minutes. If these instructions are not followed, your procedure may be canceled.