

Bowel Preparation Instructions: Suprep

It is very important to follow all the instructions to prepare for your procedure. Your colon must be empty, so the provider can see during the procedure. Many patients feel that the bowel preparation is the hardest part of the procedure.

Preparing for the procedure

- The day before your procedure, you will need to start preparing your colon. Do not eat any solid foods the entire day before your procedure.
- You will be using the Suprep to clean out your colon.
- Please follow all instructions carefully. If you do not follow the directions properly, then your procedure may be canceled.

Items to buy

- To get ready for your procedure, you will need to buy items for the bowel preparation.
- **Prescription required:**
 - Check with your pharmacy and fill your prescription for Suprep preparation kit.

Medication information

Some of the medicines you take may need to be stopped or adjusted temporarily before your procedure.

- Blood thinners
 - Such as Coumadin (warfarin), Ticlid (ticlopidine hydrochloride), Agrylin (anagrelide), Xarelto (Rivaroxaban), Pradaxa (Dabigatran), Pletal (Cilostazol), Brillinta (Ticagrelor), Eliquis (Apixaban), Effient (Prasugrel), Plavix (Clopidogrel), and adult Aspirin **325 mg**. If you are on an anticoagulant or antiplatelet not listed here, please notify the gastrointestinal team as soon as possible.
 - You must speak with your prescribing provider or the specialist at least 2 weeks before the scheduled procedure. Do not stop these medications without the consent of your provider.
- Aspirin **81 mg** (baby)
 - You may take your Aspirin 81 mg as prescribed with a sip of water.
- Insulin and diabetes medications
 - Please call the provider that monitors your glucose levels. Your medications may need to be adjusted due to the diet restrictions required for the procedure. Do not stop these medications without the consent of your provider.
- Glucagon-Like Peptide-1 (GLP-1 Agonist)
 - Such as Byetta (Exenatide), Saxenda (Liraglutide), Victoza (Liraglutide), Wegovy (Semaglutide), Trulicity (Dulaglutide), Bydureon (Exenatide), Mounjaro (Tirzepatide), or Rybelsus (Semaglutide).
 - You must speak with your prescribing provider or the specialist at least 2 weeks before the scheduled procedure. Do not stop these medications without the consent of your provider.

Five (5) days before your procedure

- Do not take medications that will stop diarrhea.
 - Examples: Imodium or Pepto-Bismol.
- Do not take fiber medications or supplements.
 - Examples: Metamucil or Citrucel.
- Do not take any vitamins or supplements.
 - Example: Multi-vitamins or fish oil.

Three (3) days before your procedure

- Begin a low fiber diet. A low fiber diet helps make the cleanout more effective.

- Low fiber examples include:
 - White bread, white rice, white pasta, crackers, fish, chicken, eggs, ground beef, creamy peanut butter, cooked/boiled vegetables, canned fruit, bananas, melons, milk, plain yogurt, cheese, salad dressing, and other condiments.
- Do not eat high-fiber foods such as:
 - Popcorn, seeds (flax seeds, sunflower, and quinoa), multigrain breads, multigrain pasta, nuts, granola, salads, raw vegetables, or fresh and dried fruits. Limit the number of meats.

Two (2) days before your procedure

- Increase your water intake.
- Continue a low fiber diet.

One (1) day before your procedure

- Start your clear liquid diet.
- Only drink clear liquids the entire day before your procedure.
- A clear liquid diet includes:
 - Water, black coffee, or tea (no milk or cream), clear broth or bouillon, Gatorade, carbonated or non-carbonated soft drinks (Coke, Sprite), strained fruit juices without pulp (apple, white grape, white cranberry), Jell-O, and popsicles. **Remember, NO RED OR PURPLE LIQUIDS.**
- Do not eat any solid foods.
- At 6:00 p.m., pour entire 6-ounce bottle of Suprep liquid into the mixing container provided. Add cool drinking water up to the 16-ounce line on the container and mix. Room Temperature drinking water may be used as well.
- Then drink the entire contents. Some may drink the entire 22-ounces all at once. Others find it easier to drink it slowly over 30 minutes.
- You should be done drinking your Suprep at 6:30 p.m. Then start drinking 32 ounces of water over the next hour. Be sure to complete drinking the water by 7:30 p.m.
- You will need to be near a bathroom once you start drinking your prep mixture. You will have diarrhea and will need to be able to reach a bathroom quickly. Some people may feel nauseous, bloated, or vomit while drinking the bowel preparation.

The day of your procedure

- **Five** hours before your colonoscopy begin to prepare the prep mixture. Pour entire 6-ounce bottle of Suprep liquid into the mixing container provided. Add cool drinking water up to the 16-ounce line on the container and mix. Room Temperature drinking water may be used as well.
- Then drink the entire contents. Some may drink the entire 22-ounces all at once. Otherwise, it will take you 30 minutes to finish drinking it.
- Suprep Then start drinking 32 ounces of water over the next hour. It will take you one hour to finish drinking it.
- You will need to be near a bathroom once you start drinking your prep mixture. You will have diarrhea and will need to be able to reach a bathroom quickly. Some people may feel nauseous, bloated, or vomit while drinking the bowel preparation.
- Your stool should be no longer formed, but a clear or yellow liquid.
- You may drink clear liquids until two hours before your check-in time.
- Avoid red or purple liquids, dairy products, protein shakes, alcoholic beverages, chewing tobacco, and illicit drugs. The use of these will result in your procedure being canceled.
- You may take your medications with a sip of water.
- Remember, do not eat any solid foods.
- You may want to allow extra time to travel to your appointment as you may need to stop and use a restroom along the way.

Notes / Other Instructions: