

FOR A SUCCESSFUL AND SAFE COLONOSCOPY IT IS IMPORTANT TO FOLLOW THESE INSTRUCTIONS:

It is important for you to **DRINK PLENTY OF CLEAR LIQUIDS BEFORE, DURING and AFTER taking SUPREP**. This may help prevent kidney damage.

CLEAR LIQUIDS INCLUDE:

- Water
- Fruit juice **WITHOUT** pulp (e.g. apple or white grape)
- Clear broth or bouillon
- Coffee or tea (**WITHOUT** milk, cream or non-dairy creamers)
- Gatorade (NOT **RED**, **GREEN** or **PURPLE**)
- Carbonated or non-carbonated soft drinks/sodas
- Plain Jello (NOT **RED** or **GREEN** and **WITHOUT** added fruits or toppings.)

ONE DAY BEFORE COLONOSCOPY (*bowel preparation*):

- You may have **CLEAR LIQUIDS ONLY** the day before your colonoscopy
- **4:00 pm – Prepare the 1st dose of SUPREP for your Bowel Prep**
 - Step 1:** Pour ONE (1) 6-ounce bottle of SUPREP liquid into the mixing container
 - Step 2:** Add cold drinking water to the 16-ounce line on the container and mix
NOTE: Dilute the solution as directed in steps 1 and 2 prior to use
 - Step 3:** Drink **ALL** the liquid in the container
 - Step 4: IMPORTANT** – You **MUST** drink two (2) more 16-ounce containers of water over the next 1 hour
- **8:00 pm – Prepare the 2nd dose of SUPREP as shown in Steps 1 and 2 above Step 3:** Drink **ALL** the liquid in the container
 - Step 4: IMPORTANT** – You **MUST** drink two (2) more 16-ounce containers of water over the next 1 hour

EVENING BEFORE COLONOSCOPY:

- After your 2nd dose of SUPREP, you may have clear liquids **until MIDNIGHT**. Do **NOT** eat or drink anything after **MIDNIGHT**. You may take medications with a sip of water. Otherwise, you may **NOT** have any fluids or solid foods.

AFTER THE COLONOSCOPY PROCEDURE

You may feel a fullness and gas sensation in your abdomen. This feeling should pass after several hours. If you have any questions, please call our office.

FOR A SUCCESSFUL AND SAFE PROCEDURE IT IS IMPORTANT TO FOLLOW THESE INSTRUCTIONS:**ANTICOAGULANTS/ANTIPLATELETS**

- **STOP** all aspirin seven (7) days prior to the procedure. You may restart these medications the day after your procedure unless your doctor tells you differently. If you are taking Coumadin, Eliquis, Plavix, Xarelto, or any other blood thinner, we will give you specific instructions when to stop and start.

DIABETIC MEDICATIONS

- **Metformin (Glucophage): STOP** Metformin two (2) days prior to the procedure. Restart the day after the procedure.
- **Insulin:** Take ½ the usual dose of insulin the morning of your procedure. Do **NOT** take pills for diabetes on the morning of your procedure.
- **GLP-1 Agonists: STOP** GLP-1 Agonists seven (7) days prior to procedure. You can restart the day after the procedure. These medications include:
 - Semaglutide (Ozempic, Wegovy, Rybelsus)
 - Tirzapeptide (Mounjaro, Zepbound)
 - Dulaglutide (Trulicity)
 - Liraglutide (Victoza)
- **SGLT2 Inhibitors: STOP** according to the list below and restart the day after the procedure:
 - **STOP 3 Days Before:** Bexagliflozin (Brenzavvy), Canagliflozin (Invokana), Canagliflozin + Metformin (Vokanamet), Dapagliflozin (Forxiga, Edistride), Dapagliflozin + Metformin (Ebymect/Xigduo), Dapagliflozin + Saxagliptin (Qtern), Empagliflozin (Jardiance), Empagliflozin + Metformin (Synjardy), Empagliflozin + Metformin (Glyxambi), Empagliflozin + Linagliptin + Metformin (Trijardy XR), Sotagliflozin (Inpefa)
 - **STOP 4 Days Before:** Etugliflozin (Steglatro), Etugliflozin + Metformin (Segluromet), Etugliflozin + Sitagliptin (Steglujan)