



Patient:

COLONOSCOPY

DATE: PROCEDURE TIME: PLEASE ARRIVE AT:

SUPREP INSTRUCTIONS

- If you are scheduled at **Northeast Endoscopy Center, 59 Lowes Way, Lowell, MA**. Please arrive 45 minutes prior to your procedure. If you are scheduled at 7:30 AM, please arrive at 7:00 AM.
- If you are scheduled at **LOWELL General Hospital Main Campus, 295 Varnum Avenue, Lowell, MA**. Please arrive 1 ½ hours prior to your procedure. If you are scheduled at 8:00 AM, please arrive at 7:00 AM.
- **Preparation:** Please pick up your prep from the pharmacy upon receipt of the instruction. Pharmacy will only hold prescription for 5 days.

A family member or friend **MUST** drive you to and from your procedure. You will not be able to work or drive the day of your procedure.

If you need to reschedule or cancel this procedure, you must do so at least 3 business days prior to avoid a possible \$150 cancellation fee.

Please call our office if you are a diabetic patient or patient taking blood thinners for additional specific instruction.

Please follow instruction provided below and disregard any instruction provided by the manufacturer/ pharmacy.

- **7 days prior** to the procedure **STOP** Aspirin, Advil, Aleve, Celebrex, Motrin, Ibuprofen, Fish Oil and Iron supplements. Tylenol or other acetaminophen-based products are OK.
- **7 days prior** to the procedure **STOP** GLP-1 agonists medications used for diabetes or weight loss. (Examples: Trulicity, Ozempic, Wegovy, Zepbound, Mounjaro, etc)
- **3 days prior** to the procedure no fruits or vegetables with skins or seeds.
- **If you smoke, please stop smoking 2 days prior to your procedure.**
- **Do not use marijuana eight hours prior to procedure as it could cause complications/ adverse effects.**
- **The day before the procedure upon awakening DO NOT EAT ANY SOLID FOODS OR CONSUME MILK OR DAIRY PRODUCTS.**
- **CLEAR LIQUIDS DIET ONLY.** Clear liquids you may have are apple juice, water, Coke, Sprite, Ginger Ale, black coffee, black tea, Gatorade, PowerAde, White grape juice, clear chicken or beef bouillon, popsicles, Jell-O. (No red or purple). Cranberry juice is allowed because it contains no artificial dyes.

- Please try to drink some clear fluids 4-8 ounces every 30 minutes all day.
- At 5pm the day before the procedure pour 1 (ONE) 6 ounce bottle of SuPrep liquid into the mixing container. Add cool/cold drinking water to the 16-ounce line of the container and mix. Drink all the liquid in the container. You **MUST** drink 2 (TW) more 16-ounce container of water over the next hour.
- At 3am on the day of your procedure pour 1 (ONE) 6 ounce bottle of SuPrep liquid into the mixing container. Add cool/ cold drinking water to the 16 ounce line o the container and mix. Drink this second dose slowly, cold and with a straw. Drink all the liquid in the container. **WAIT 1 HOUR AND THEN YOU MUST drink 2 (TWO) more 16 ounce containers of water over the next hour.**
- You can **NOT** have any liquids from this point forward until after your procedure is completed.
- Some medications may be taken with a small amount of water just before leaving for the hospital or endoscopy center. Blood pressure medication should be taken the morning of the procedure.
- If you develop significant nausea, vomiting or abdominal pain, **STOP** the preparation for 30 minutes then **RESUME**. If symptoms recur or if you have any other problems with the preparation, please contact our office immediately as there is always a physician on call.