

PLEASE READ THESE INSTRUCTIONS CAREFULLY, AS SOON AS YOU RECEIVE THEM!!!

DATE: \_\_\_\_\_ ARRIVAL TIME: \_\_\_\_\_ PROCEDURE TIME: \_\_\_\_\_

**General Instructions:**

Please let us know if you have an **Implantable Defibrillator** or on a **blood thinner**

- DO NOT eat corn or popcorn 1 (one) week before your procedure.
- PLEASE HOLD THE FOLLOWING \_\_\_\_\_ FOR \_\_\_\_\_ DAYS PRIOR TO PROCEDURE
- **PLEASE HOLD THE FOLLOWING 1 WEEK PRIOR:**

Byetta (Exenatide)	Victoza (Liraglutide)	Adlyxin (Lixisenatide)
Saxenda (Liraglutide)	Lyxumia (Lixisenatide)	Mounjaro (Tirzepatide)
Trulicity (Dulaglutide)	Ozempic (Semaglutide)	Wegovy (Semaglutide)
Rybelsus (Semaglutide)	Bydureon (Exenatide)	Zepbound (Tirzepatide)
- **DIABETIC PATIENTS** please follow these guidelines:
  - Oral antidiabetic medications – do not take the day before or day of your procedure
  - Insulin –day before exam take ½ a dose in the morning or afternoon, **NO evening** doses of insulin the day before exam
  - Sliding Scale Insulin – check blood sugar and follow the scale

**\*\*Please check blood sugar on day of procedure\*\***
- You will need to have a designated driver, **WHO REMAINS IN THE FACILITY AT ALL TIMES** on the day of your procedure, (not a taxi) as you will be sedated and too sleepy to drive yourself home.
- **NO CHEWING GUM, VAPING, SMOKING, INGESTION OF MARIJUANA, OR ALCOHOL OF ANY KIND WITHIN 24 HRS OF YOUR PROCEDURE.**

**A Minimum of One Week Prior you will need to purchase:**

**(1) SUPREP bowel prep kit**

\*\*Consider preparing/purchasing items from the clear liquid list ahead of time (ex. preparing Jell-O) \*\*

**Day Before Examination**

**\*\*DO NOT USE INSTRUCTIONS THAT COME IN THE PREP BOX\*\***

1. Drink **ONLY “Clear Liquids”** for the **ENTIRE** day prior to the procedure (from the time you wake up until the time you go to bed). **Drink at least 2 quarts of “Clear Liquids”**. Solid foods, milk or milk products are **NOT** allowed!
2. At \_\_\_\_\_ the day before the colonoscopy, mix one (1) 6oz. bottle of SUPREP with 10oz. of water in the provider container (will equal 16oz) and drink. Drink two additional containers filled with 16oz. water over the next hour. **Continue drinking Clear Liquids.**
3. At \_\_\_\_\_ take the second 6oz. bottle of SUPREP with 10oz. of water in the provider container (will equal 16oz) and drink. Drink two additional containers filled with 16oz. water over the next hour.

**\*\*YOU MUST STOP DRINKING ANY CLEAR LIQUIDS SIX (6) hrs. BEFORE YOUR ARRIVAL TIME\*\***

**Day of Examination:**

1. **BRING A LIST OF MEDICATIONS WITH DOSAGE**, along with your **inhaler or C-Pap machine** if you use them.

2. **6 hours before you leave for your procedure:** If you take heart, blood pressure and/or seizure medication (if normally taken in the morning), please take these pills with **ONLY a small SIP of water** then **NOTHING** to drink after.

**SUPREP Times – All patients must be on CLEAR LIQUIDS the ENTIRE day before**

Procedure Time	Arrival Time	Start Prep (Day Before)	Second Dose	Last Liquids
7:30 am	6:30 am	1:00 pm	11:00 pm	12:30 am meds with SIP water
8:00 am	7:00 am	1:30 pm	11:30 pm	1:00 am meds with SIP water
8:30 am	7:30 am	2:00 pm	12:00 midnight	1:30 am meds with SIP water
9:00 am	8:00 am	2:30 pm	12:30 am	2:00 am meds with SIP water
9:30 am	8:30 am	3:00 pm	1:00 am	2:30 am meds with SIP water
10:00 am	9:00 am	3:30 pm	1:30 am	3:00 am meds with SIP water
10:30 am	9:30 am	4:00 pm	2:00 am	3:30 am meds with SIP water
11:00 am	10:00 am	4:30 pm	2:30 am	4:00 am meds with SIP water
11:30 am	10:30 am	5:00 pm	3:00 am	4:30 am meds with SIP water
12:00 noon	11:00 am	5:30 pm	3:30 am	5:00 am meds with SIP water
12:30 pm	11:30 am	6:00 pm	4:00 am	5:30 am meds with SIP water
1:00 pm	12:00 noon	6:30 pm	4:30 am	6:00 am meds with SIP water
1:30 pm	12:30 pm	7:00 pm	5:00 am	6:30 am meds with SIP water
2:00 pm	1:00 pm	7:00 pm	5:30 am	7:00 am meds with SIP water
2:30 pm	1:30 pm	7:00 pm	6:00 am	7:30 am meds with SIP water
3:00 pm	2:00 pm	7:00 pm	6:30 am	8:00 am meds with SIP water

**\*\*YOU MUST STOP DRINKING ANY CLEAR LIQUIDS SIX (6) hrs. BEFORE YOUR ARRIVAL TIME\*\***

**CLEAR LIQUIDS INCLUDE:**

- Strained fruit juices, without pulp (Apple, white grape, white cranberry)
- Water
- Clear broth (chicken or beef)
- Gatorade (**NO RED**)
- Black Coffee (**NO CREAM or SUGAR**)
- Ice Popsicles (**NO RED**)
- Clear carbonated and non-carbonated Soft drinks (7-Up, Sprite, Starry, Mt Dew, etc.)
- Kool-Aid & fruit flavored drinks
- Plain Jell-O (**NO RED and without fruits or toppings**)
- Unsweetened Tea