

2-DAY SUPREP PREPARATION FOR COLONOSCOPY

- ✓ Iron, vitamins, and herbal supplements must be discontinued for 5 days before your procedure unless otherwise directed by your physician.
- ✓ Please avoid raw vegetables, fiber supplements, corn, nuts and seeds for 3 days before the procedure.
- ✓ Take other medications with a small amount of water the morning of your procedure
- ✓ Please contact our office if you are on Coumadin and do not have specific directions for stopping this medication before your procedure.

Stop taking any medications containing Phentermine & Diethylpropion one week before.

IF YOU TAKE ONE OF THESE: Dulaglutide (Trulicity) (weekly); Exenatide extended release (Bydureon bcise) (weekly); Exenatide (Byetta) (twice daily); Semaglutide (Ozempic) (weekly); Liraglutide (Victoza, Saxenda) (daily); Lixisenatide (Adlyxin) (daily); Semaglutide (Rybelsus) (taken by mouth once daily); Wegovy (Semaglutide); Mounjaro (tirzepatide) Zepbound (tirzepatide) **You must hold this medication for a week (7days) prior to your procedure.**

****SUPPLIES TO BE PURCHASED AT THE PHARMACY:**

- 1) Prescription SUPREP Bowel Prep Kit. (Ignore package directions; only use THESE instructions for your preparation!)
- 2) Two (2) Dulcolax 5 mg. tablets (or generic Bisacodyl, NOT Dulcolax stool softener or suppository)
- 3) Vaseline or Desitin ointment
- 4) One disposable plain Fleet enema (saline only/no mineral oil)
- 5) *Simethicone tablets (1-2 depending on brand) to total 250 mg (You may purchase Gas-X, Mylicon, Phazyme or generic Simethicone in the anti-gas area of your pharmacy)

2 DAYS BEFORE PROCEDURE:

- 1) You may have a normal breakfast prior to 9:00 a.m.
- 2) 9:00 a.m.: Start Full Liquid Diet (attached) after breakfast
- 3) To prevent irritation, generously apply either Vaseline or Desitin ointment to the peri-anal area.
- 4) 3:00 p.m.: Take 1 Dulcolax tablet with an 8 oz. glass of water.
- 5) 6:00 p.m.: Take the other Dulcolax tablet with another 8 oz. glass of water.
- 6) Remain on Full Liquid Diet until 7:00 a.m. tomorrow when clear liquid diet begins.

1 DAY BEFORE YOUR PROCEDURE:

- 1) 7:00 a.m. Switch to the Clear Liquid Diet (attached).
 - 2) 6:00 p.m. Empty one bottle of SUPREP into the clear container provided. Fill it to the 16 oz. fill line with water, pulp free lemonade, Sprite or Ginger ale. Drink this over the next 30 minutes. You may use a straw, hold your nose, chase the medicine with another clear liquid or bite on a lemon if you do not like the taste of the prep. If you feel nauseous take a 10 minute break. The goal is to keep your prep down. Once finished you must consume 2 more 16 oz cups of clear liquid
- Continue drinking clear liquids until midnight.

DAY OF THE PROCEDURE:

Stop using any medical marijuana products including CBD oils and other products.

*****6 HOURS PRIOR TO YOUR PROCEDURE TIME:** empty the remaining bottle of SUPREP into the clear container provided. Fill it to the 16 oz. fill line with water, pulp free lemonade, Sprite or Ginger ale. Drink this over the next 30 minutes. You may use a straw, hold your nose, chase the medicine with another clear liquid or bite on a lemon if you do

not like the taste of the prep. If you feel nauseous take a 10 minute break. The goal is to keep your prep down. Once finished you must consume 2 more 16 oz. cups of clear liquid.

***FOUR HOURS PRIOR TO YOUR PROCEDURE ARRIVAL TIME:**

-Take the Simethicone tablets (1-2 to equal 250 mg.) and all of your regular medications at this time with enough water to safely swallow your pills.

-If your bowel movements are not clear, please use the Fleet enema to rinse out any remaining stool

YOU MUST COMPLETE YOUR PREP 4 HOURS PRIOR TO YOUR PROCEDURE and have nothing to drink 2 hours before your arrival time.

DIABETIC PATIENTS:

*Patients on Lantus or Levemir remain on your normal dose throughout prep and procedure.

*Patients on NPH and regular Insulin should remain on regular dose on the day before (prep day), but reduce the usual dose by 20% the morning of the procedure.

*Patients on oral diabetic medications DO NOT TAKE these on the day of the procedure

*If you have an Insulin pump or have any other questions about your diabetic medications, please call your primary care physician or endocrinologist for further instructions.

“The Miralax prep is not approved by the FDA”

**Dehydration and fainting are possible side effects of colonoscopy preps.

FULL LIQUID DIET

This diet is to be used in conjunction with a two-day preparation for colonoscopy or other procedures or as directed by your provider. This diet is inadequate in all essential nutrients, but does provide more substance than the clear liquid diet used for the day before procedures. It is not recommended for regular use but for temporary use during preparations.

FOLLOW THIS DIET TWO DAYS BEFORE YOUR PROCEDURE
FOODS ALLOWED

Milk and Milk products

Milk (including buttermilk, soy milk, rice milk, almond milk, and cow's milk)

Milkshakes, pasteurized eggnog, smooth ice cream,
frozen yogurt, custard, yogurt without fruit pieces and pudding

Juices

All fruit juices, nectar juices, orange juices with
pulp and vegetable juices, including V8 and tomato juice

Other Beverages

Coffee, Tea, flavored water,
sodas, carbonated flavored water

Grains

Cooked, refined cereals limited
to Cream of Wheat, Farina, and Cream of Rice

Fats and Oils

Butter, margarine, cream and oils

Sweets and Desserts

Sherbet, sugar, sugar substitutes, hard candy, plain gelatin (Jello),
fruit ices without added fruit pieces,
popsicles, honey and syrups

Soups

All flavors of broth and bouillon,
smooth tomato soup (no chunks of tomatoes) and strained creamed soups

NOT ALLOWED

No Meats, breads or other solid foods

**CLEAR LIQUID DIET: FOLLOW THIS DIET THE WHOLE DAY BEFORE YOUR
PROCEDURE**

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed.

DRINKS ALLOWED

Water/Flavored Water
Tea (decaffeinated or regular)
Coffee, Fruit flavored drinks
Carbonated beverages like Coke & Pepsi

Strained fruit juices; apple,
White grape, orange white cranberry, lemonade
Iced tea, Gatorade

Clear broth, consommé or
Bouillion (chicken, beef or vegetable)
Jello, Popsicles (Ice)
Sugar, Honey, Syrup or sugar substitute,
Clear hard candy, salt

NOT ALLOWED

(NO RED, PURPLE OR BLUE JELLO OR POPSICLES)

NO MILK OR DAIRY PRODUCTS

(NO NON-DAIRY CREAMER FOR COFFEE OR TEA)

**YOU MAY HAVE NOTHING BY MOUTH FOR TWO (2) HOURS PRIOR
TO YOUR ARRIVAL**