Summit Health®

123 Highland Avenue, Suite 103, Glen Ridge, NJ 07028

Tel: 973-429-8800

SUPREP Colonoscopy Prep Instructions

SUPREP IS A PRESCRIPTION. PLEASE PICK UP FROM YOUR PHARMACY.

ONE WEEK BEFORE YOUR PROCEDURE:

- For patients who are constipated or do not have a bowel movement daily, every night for 5 days prior to the procedure, put one dose of MiraLAX powder (17grams) into 8oz of water and drink before bedtime.
- **DO NOT** take any iron, Vitamin E, Multi-vitamins, Supplements, or anti-inflammatory medications such as Aleve, Advil, or Ibuprofen. If necessary, Tylenol is OK.

Important Medication Information:

- If you are taking aspirin for medical reasons, you should continue to take it up until the day prior to the procedure. If the dose exceeds 325mg daily, please contact the office. Do not take any extra over-the-counter aspirin for 7 days prior to the procedure.
- Blood thinners: Will be directed by doctor with instructions on when to stop.
- Diabetic patients: Contact your primary medical doctor for instructions
- Blood pressure, seizure, and heart medications can be taken the morning of the procedure with a sip of water

Diabetic and Weight Loss medications that must be held prior to your procedure:

• Ozempic	Wegovy	Saxenda	Victoza	Trulicity	Mounjaro
• Byetta	Rybelsus	Adlyxin	Xultophy	Soliqua	Zepbound

ALL GLP MEDCIATION MUST BE STOPPED **8** DAYS PRIOR TO THE PROCEDURE

If this medication is being taken for diabetes management, then please consult with the prescribing physician for alternative means of glucose control.

All medications may be restarted after surgery.

**** Please note, because of how important this is for your safety, failure to stop this medication will result in postponement of your surgery ****

THREE DAYS BEFORE YOUR PROCEDURE AVOID:

- **ROUGHAGE** (raw fruits, vegetables, and salads) Cooked and canned fruits or vegetables are allowed, should be soft.
- **FIBER FOODS** (whole grains, whole grain cereals, oatmeal, and nuts).

DAY PRIOR TO PROCEDURE:

- **DRINK CLEAR LIQUIDS ONLY** such as water, electrolyte water, Gatorade (lemon or orange), light tea, seltzer, club soda, ginger ale, Sprite, 7-Up, white grape juice, white cranberry juice or apple juice.
- Clear chicken broth or bouillon, Jell-O (lemon or orange) and ice pops (lemon or orange) are allowed.
- **DO NOT EAT ANY SOLID FOOD, DO NOT DRINK ANYTHING RED, PURPLE OR DARK, NO MILK/MILK PRODUCTS, NO COFFEE, NO RED CRANBERRY OR GRAPE JUICE.**

AT 6:00 PM THE NIGHT BEFORE THE PROCEDURE FOLLOW STEPS 1 – 4 BELOW:

- **Step 1:** Pour One (1) 6-ounce bottle of Suprep liquid into the mixing container
- **Step 2:** Add cool drinking water to the 16-ounce line on the container and mix
- **Step 3:** Drink all 16 ounces of the liquid in the container
- **Step 4:** You must drink two (2) more 16 ounces of water over the next hour.

SIX (6) HOURS BEFORE THE PROCEDURE:

- Repeat Steps 1 – 4 above.

Nothing by mouth 4 hours prior to procedure. Nothing to eat or drink, not even water.

For further information visit the website. http://www.webmd.com/colorectal-cancer/video/colonoscopy

Good preparation is very important for your doctor to thoroughly examine your colon.

Any question please call the office.