

Dr. Donald Walters Dr. Krysia Zancosky Dr. Fayez Abboud

**SUPREP® COLONOSCOPY BOWEL PREP**

NAME: \_\_\_\_\_ PROCEDURE DATE: \_\_\_\_\_

## LOCATION:

- Benbrook Medical Center, Building #1, 102 Technology Dr., Butler, PA 16001
- Butler Memorial Hospital, One Hospital Way, Butler, PA 16001

**Take all cardiac, blood pressure, thyroid, seizure, and/or acid suppression medications as usual at least two (2) hours prior to your procedure with just a sip of water. DO NOT skip these medications unless the prescribing physician instructed you to do so. You may take anxiety medication, as needed.**

If you are taking any of the blood thinners listed below, you **MUST** call and inform the prescribing provider that you are referred for a colonoscopy. **Please contact the prescribing physician at least one week prior to the scheduled procedure to ask if it is safe to stop your blood thinner.** Also, clarify when you should stop and restart the medication. If your provider instructs you NOT to stop the medication, please notify our office immediately.

Pradaxa / Dabigatran	Brilinta / Ticagrelor	Coumadin / Warfarin / Jantoven
Eliquis / Apixaban	Xarelto / Rivaroxaban	
Plavix / Clopidogrel	Effient / Prasugrel	

If you are taking an iron supplementation or iron-containing medication including a multi-vitamin, you **MUST stop** taking these medications seven (7) days prior to your procedure.

If you are taking Concerta, Tepanil or Tenuate (Diethylepropion), you **MUST hold** these medications for seven (7) days prior to your procedure. *Please check with your prescribing provider before holding these medications.*

If you are diabetic, please **DO NOT** use insulin or take any other diabetic medications on the day of the procedure until after the procedure, unless otherwise instructed by your primary care provider or endocrinologist.

If you are prescribed any of the GLP-1 receptor agonists for treatment of Type II Diabetes or weight loss listed below, **you MUST hold all weekly injections or medication doses as listed below prior to your procedure. All daily injections MUST be held the day of your procedure until after the procedure.** Contact the prescribing provider to ensure that holding these medications is safe.

Dulaglutide / Trulicity – Hold 7 days	Phentermine / Adipex – Hold 7 days
Semaglutide / Ozempic / Wegovy – Hold 7 days	Contrave – Hold 7 days
Exenatide / Bydureon – Hold 7 days	Oral Semaglutide / Rybelsus – Hold 1 day
Liraglutide / Victoza / Saxenda – Hold 7 days	Exenatide / Byetta – Hold 1 day
Lixisenatide / Adlyxin – Hold 7 days	Tirzepatide / Mounjaro / Zepbound – Hold 7 days

**All other medications not listed above MUST only be held the day of your procedure.** These include, but are not limited to prescription medications, supplements, Aspirin, Ibuprofen, Motrin, Advil, Naprosyn, Naproxen, Aleve, Fish Oil, Omegas and Glucosamine. You **MAY** take these the evening prior and/or after your procedure.

**\*\*\* TURN PAGE OVER FOR BOWEL PREPARATION INSTRUCTIONS \*\*\***

## BOWEL PREPARATION INSTRUCTIONS

**SUPREP®** prescription has been sent electronically to your preferred pharmacy for you to pick up upon receipt of these instructions. Failure to pick it up now may result in the pharmacy re-shelving the medication. Be sure to follow these instructions and **NOT** the manufacturer or pharmacy instructions included within the package.

### **DAY BEFORE THE PROCEDURE – CLEAR LIQUIDS ONLY ALL DAY / DOSE 1 OF PREPARATION**

You **MUST** follow a clear liquid diet from the time you wake up. **NO SOLID FOODS**. Avoid any liquids that are **red** or **purple** in color. No alcoholic beverages permitted. Please drink a minimum of one (1) gallon of fluids throughout the day. There is no limit to how much you can drink. You are encouraged to drink as much as possible.

Coffee / Tea without milk or creamer

Jell-O without fruit

Broth/Bouillon

Italian Ice

Popsicles

Gatorade / Powerade

Hi-C

Kool-Aid

Sodas – Diet / Regular

Clear fruit juices –

Apple/White Grape/White Cranberry

**6:00 PM:** Pour one (1), 6-ounce bottle of Suprep® liquid into the provided mixing container. Add water to the 16-ounce line on the container and mix. Drink all of the prep solution in the container. Over the next hour, you must drink two (2) more 16-ounce containers of water.

Continue **CLEAR LIQUIDS** only until midnight.

**Please note:** The full, bloated feeling that you may experience should subside as bowel movements begin.

**DAY OF THE PROCEDURE:** *This will complete the second half of drinking the prep solution.*

**Four (4) hours prior to leaving your home:** Pour one (1), 6-ounce bottle of Suprep® liquid into the provided mixing container. Add water to the 16-ounce line on the container and mix. Drink all of the prep solution in the container. Over the next hour, you must drink two (2) more 16-ounce containers of water.

Your stool should be liquid, clear and free of solid material. If it is not, please call the office any time after 8:00 am. *Nothing else by mouth until after procedure including gum, mints and hard candy. Refrain from smoking, vaping or chewing tobacco before your procedure.*

**Since you will be receiving sedating medications or narcotics, you are required by law to be accompanied by a responsible adult (over the age of 18) to accompany you to the facility, receive discharge instructions, drive you home, and stay with you after the procedure.** For your own safety and protection, you will not be allowed to drive home. Taking a taxi or public transportation home by yourself is not permitted. You **MUST** have someone to accompany you. You are not permitted to drive or return to work until the morning after your procedure.

**\*\*\* TURN PAGE FOR ADDITIONAL INFORMATION \*\*\***

**Additional Information:**

You will be contacted by telephone the business day before your procedure to confirm your arrival time. If you need to cancel, please call our office at 833-391-0654 or the number listed below for the facility at which you are scheduled.

*IF YOU DO NOT RECEIVE A CALL BY 3:00 PM REGARDING YOUR ARRIVAL TIME, PLEASE CONTACT THE FACILITY IN WHICH YOU ARE HAVING YOUR PROCEDURE.* Refer to the number below for facility's contact information. *Please note, this is for the arrival time only.* All other calls should be directed to our office.

Benbrook Surgical Center	724-431-0740
Butler Memorial Hospital	724-284-4595