

SUPREP Instructions

Please read these instructions carefully at least 2 weeks prior to your procedure

****Important: These instructions are time-sensitive****

- **Blood thinners** such as Coumadin (warfarin), Lovenox (enoxaparin), Eliquis (apixaban), Pradaxa (dabigatran), Xarelto (rivaroxaban), Plavix (clopidogrel), Brilinta (ticagrelor), Effient (prasugrel) may need to be held prior to your procedure. We will work with the provider who manages your blood thinner to create a plan for you. If you do not receive a plan 1 week prior to your procedure, please call the office.
- Do not stop **Aspirin** prior to your procedure unless instructed.
- **Diabetic Medications:** Contact your primary care doctor regarding the adjustment of your diabetic medications prior to your procedure.
- **SGLT-2 inhibitors** including Jardiance (empagliflozin), Farxiga (dapagliflozin), Invokana (canagliflozin), Brenzavvy (bexagliflozin) should be stopped **3 days** prior to your procedure. Any medications containing Ertrugliflozin (Steglatro, Segluromet, Steglujan) should be stopped **4 days** prior to your procedure.
- **GLP-1 Medications** (for weight loss or diabetes) should be stopped **7 days** prior to your procedure: These include Ozempic, Wegovy, Rybelsus (semaglutide), Mounjaro, Zepbound (tirzepatide), Trulicity (dapaglutide), Victoza, Saxenda (liraglutide).
- **Blood pressure, non-NSAID pain, anti-anxiety, and/or thyroid medications:** Please take your morning dose with a sip of water on the morning of your procedure AT LEAST 4 HOURS prior to your procedure.
- **Anti-inflammatory Medications (Advil, Motrin, Aleve, Ibuprofen):** Stop taking **5 days** prior to procedure
- **Birth control pills:** Take in the morning before you begin preparation as the colonoscopy prep may interfere with absorption of the pill. Resume your pill as usual after your procedure.
- **No alcohol, marijuana, tobacco, vaping products or other recreational drug use** on the day before or day of your procedure to avoid complications with anesthesia.
- Please contact the endoscopy unit if you have had any **recent infections, cardiac/lung problems, or other major change to your health** as any of these issues may require rescheduling of your procedure
- Please **do not wear perfumes or body lotions** on the day of your procedure.
- Arrange to have an **adult age 18+ drive you** to your test and be there to drive and/or accompany you home after you are done. Uber/Lyft/ Taxi are allowed ONLY if you have a responsible family member or friend (other than the driver) to accompany you.
- You should plan to spend at least **2 hours** at the facility.
- **Day of procedure you will need to bring the following:**
 - 1) Insurance card
 - 2) Photo ID
 - 3) List of current medications and dosages
 - 4) Someone you trust to accompany you home

Important Phone Numbers:

Brown Health Gastroenterology Offices: 401-606-4260

Brown Medicine Endoscopy Center: 401-649-4970

Rhode Island Hospital Endoscopy Unit: 401-444-5038

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For Questions about your SUPREP, you can contact Gifthealth Pharmacy at 833.614.4438 or at care@gifthealth.com

5 Days Before Colonoscopy

- **Stop taking:** Fiber supplements, iron products (including multivitamins)
- **Avoid high fiber foods** such as popcorn, beans, seeds, corn, multigrain bread, nuts. Limit salad/ vegetables and fresh/ dry fruit.
- **Eat these foods instead:** white rice, white bread, cooked fruits and vegetables, milk, cheese, chicken, beef, fish, white pasta, eggs, and tofu.

Day Before Colonoscopy

- You may have a **light breakfast before 9:00 am** (e.g. toast, eggs, yogurt without fruit, coffee/tea).
- After breakfast, start on a **clear liquid** (anything you can see through) diet. **DO NOT eat any SOLID FOOD.** Clear liquids include: apple juice, white cranberry juice, clear broth, popsicles, Jello, ginger ale, coffee/tea WITHOUT milk or cream. **NO liquids that are red, blue, or purple (including popsicles).**
- Do not take oral medications within one hour of starting SUPREP as they may not be absorbed.
- **4:00 pm** – complete Steps 1-4 before going to bed
 - 1) Pour ONE (1) 6 oz bottle of SUPREP into the mixing container.
 - 2) Add cool drinking water to the 16 oz line on the container and mix.
 - 3) Drink ALL the liquid in the container.
 - 4) Drink TWO (2) more 16 oz containers of water over the next 1 hour
- **IMPORTANT:** If you experience nausea, bloating, or cramping, pause or slow the rate of drinking water until symptoms calm down.

Day of Colonoscopy

- **6 hours before your procedure time, take the 2nd bottle of SUPREP**
 - **Complete the same Steps 1-4** from the night before.
 - Make sure to finish drinking the prep at least **4 hours** prior to your procedure time.
- We realize you may need to wake up in the middle of the night to take the second dose. However, we have found this method results in the cleanest colon. Even though your stools may appear clear after the first dose, it is important to take the full second dose.
- You may take your regular medications (unless otherwise instructed) with a small sip of water at least 4 hours before your procedure time.
- **Stop all oral intake 4 hours before your procedure:** this includes liquids, meds, chewing gum, mints, hard candy.

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