



Colonoscopy Suprep Prep

Use **ONLY** these step-by-step instructions for a successful prep so that your doctor can clearly view your colon.

You **MUST** drink **ALL** of your prep to ensure a successful colonoscopy. Otherwise, you may need to repeat the prep and have another Colonoscopy procedure scheduled.

If you have any questions, please contact the Guthrie Cortland Gastroenterology Clinic at: (607) 428-5700.

Thank you for choosing Guthrie!

1) Getting Prepared (1-2 weeks before the procedure)

Supplies to purchase

- You will need to fill the prescription for **Suprep** and **Biscodyl (Ducolax)** sent to your local pharmacy prior to your procedure. Biscodyl is also available over the counter.

(please pick up from pharmacy ASAP do not wait until the week of your procedure)

ALL ENDOSCOPY PATIENTS MUST HAVE A DESIGNATED DRIVER

- Due to sedation medication, it is unlawful to drive until the following day after a procedure and is considered driving under the influence of drugs (DUI), a punishable offense.
- It is required that all endoscopy patients have a designated driver (who must remain on the premises) available to drive the patient home after their procedure. You may not take public transportation unless accompanied by someone 18 years of age or older.

2) Medications

- If you use a blood thinner (e.g. Coumadin, Warfarin, Jantoven, etc.) you will need special instructions about stopping this drug before the procedure. ***The timing of this is very important!***
- **Plavix** is only held for specific reasons/procedures. You will be given instructions if needed.
- If you are taking SGLT2 inhibitors, (Brenzavvy, Invokana, Farxiga, Jardiance, etc.) they must be **held 4 days** prior to your procedure.
- If you take a pill to lower your sugar, **do not take it on the day of your procedure.**
- If you are taking medications such as Ozempic, Wegovy, Trulicity, Mounjaro, Saxenda, Rybelsus, Phentermine: Injectable and pill form must be held for 1 week prior to your procedure. Preadmission Testing may advise differently at the time of their call.
- If you are taking any other insulin preparation such as Lantus, Humalog or 70/30 units:
You will receive special instructions

3) 5 days before the procedure

Stop Taking

- Iron/multivitamins: Stop iron (such as ferrous sulfate) or vitamins containing iron.
- Fiber supplements: Stop fiber supplements such as Metamucil and Citrucel.

Limit

- High-fiber foods, such as whole-grain breads and cereals, nuts, and seeds.
- Fresh fruits and vegetables are acceptable with the indigestible peels/skins removed

Increase

- Fluid intake by at least 8 (8oz) glasses of liquid per day leading up to the procedure.

Please note that Aspirin or NSAID'S such as Advil, Ibuprofen, Aleve do NOT need to be stopped.

4) 4 days before the procedure

- Continue to push your fluid consumption.
- Take 2 bisacodyl (Ducolax) tablets/capsules once daily x3 days starting 4 days prior to procedure.

5) 3 days before the procedure

- Continue to push your fluid consumption.
- Take 2 bisacodyl (Ducolax) tablets/capsules once daily x3 days starting 4 days prior to procedure.

6) 2 days before the procedure

- Continue to push your fluid consumption.
- Take 2 bisacodyl (Ducolax) tablets/capsules once daily x3 days starting 4 days prior to procedure.

7) The day before your procedure

- **You may only have clear liquids ALL DAY. Push the clear liquids this will lessen stomach cramping.**
- **Do not drink any liquids that are red or purple or have these types of dyes.**
- We recommend you have products with and without sugar on hand at home to keep your blood glucose in balance during the preparation period.
- **Bone broth is recommended as it is high in protein and will keep your blood sugar more stable.**
- Clear Liquid Suggestions: Gatorade, coffee or tea without creamer, carbonated and non-carbonated soft drinks, apple juice, white cranberry juice or white grape juice, Jell-O, popsicles, and chicken, beef or vegetable broth.
- **Starting at 4 pm**
 - Step 1: Pour ONE 6-oz bottle of Suprep into the 16-oz mixing container.
 - Step 2: Fill the remainder of the 16-ounce mixing container with water and mix.
 - Step 3: Drink all 16-ounces of the solution in the container.
 - Step 4: You MUST drink 4 of the 16-oz mixing container of clear liquids in the next 3 hours.
- **It is important to finish drinking all the prep. Failure to do so may cause your procedure to be discontinued and rescheduled for another day.**

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- **Starting at 8 pm**
 - Step 1: Pour ONE 6-oz bottle of Suprep into the 16-oz mixing container.
 - Step 2: Fill the remainder of the 16-ounce mixing container with water and mix.
 - Step 3: Drink all 16-ounces of the solution in the container.
 - Step 4: You MUST drink 4 of the 16-oz mixing container of clear liquids in the next 3 hours.
- **It is important to finish drinking all the prep. Failure to do so may cause your procedure to be discontinued and rescheduled for another day.**

Continue drinking clear liquids until at least midnight. The more fluids the better to adequately activate the prep.

Bloating and nausea are common; this is temporary and will improve once bowel movements start. Rarely, people may have nausea or vomiting with the prep. If this occurs, give yourself a 30 to 90-minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution.

Stomach cramping and diarrhea are normal from taking the prep.

Anal skin irritation or a flare of hemorrhoid inflammation may occur. If this happens, treat it with over-the-counter-remedies, such as hydro-cortisone cream, baby wipes, Vaseline, or TUCKS pads.

8) On the day of your procedure:

A) Medication on the day of your procedure

- **Blood thinners** follow the guidelines provided by the prescribing physician. **IMPORTANT DO NOT STOP OR ADJUST THIS MEDICATION WITHOUT SEEKING THIS DIRECTION.**
- **Diabetics**, no medication until you return home after your procedure.
- You may take your seizure medications with a **small sip of water**.
- Take your inhaler as prescribed if needed in the morning. **Bring your rescue inhaler with you to the procedure**
- If you are taking any other insulin preparation such as Lantus, Humalog or 70/30 units, follow the instructions you were given.
- Blood pressure medications can be taken with sips of water. **Preadmission Testing may advise differently based on the type of medication you are taking.**
- Take all other medication after the procedure.

B) What to Bring

- A list of your current medications, your insurance card and **Photo ID**, and copayment
- Hearing aids, inhaler, and/or ileostomy or colostomy supplies (as applicable)
- Wear comfortable, loose-fitting clothing
- Please leave all your valuables at home. Cellphones and tablets are not allowed after you enter the patient care area and must be turned off until after discharge. This is for the privacy of all our patients.
- Rescue inhaler if any.