

COLONOSCOPY - SuPrep

YOUR PROCEDURE WILL TAKE PLACE AT:

ATLANTIC SURGERY CENTER, 1145 MONTAUK HIGHWAY, WEST ISLIP, NY 11795

THE PROCEDURE IS SCHEDULED ON:

Date: _____ Time: _____

**** You MUST arrive 30 minutes prior to your scheduled time.**

**** Please read each page of the following instructions completely and carefully.**

**** Call (631) 669-1171 *immediately* if you are unable to keep this appointment.**

IN PREPARATION FOR THIS PROCEDURE, YOU WILL NEED THE FOLLOWING:

- A prescription for your bowel cleansing kit has been sent to your pharmacy on file. Please pick it up at the pharmacy, so you are prepared for your procedure.
- **DO NOT** follow the instructions on the bowel prep kit. Follow **ONLY** the instructions provided by our office.

WHEN YOU RECEIVE YOUR INSTRUCTIONS:

1. Arrange for a responsible adult to accompany you. He/she must accompany you to and from the procedure. YOUR DRIVER MUST PRESENT HIM/HERSELF TO THE RECEPTIONIST AT THE TIME YOU CHECK IN! Your exam will be **canceled** if you do not have a driver. No public transportation will be permitted, unless prior arrangements are made and a responsible adult accompanies you.

2. If you take blood thinners (like Coumadin, Plavix, and Eliquis), you must check with the prescribing physician as to whether or not you can stop these medications and for how long. You may continue taking aspirin.

3. STOP taking iron supplements 7 days prior to your procedure.

4. If you are currently taking any of the new diabetic/weight loss medications-See list attached, they will need to be held prior to your procedure. Most common examples include: **Semaglutide (Ozempic, Wegovy, Rybelsus), Dulaglutide (Trulicity) Liraglutide (Victoza, Saxenda), Tirzepatide (Zep Bound, Mounjaro, Jardiance, Rybelsus, Farxiga).**

5. Unless otherwise directed by your physician, take all of your medications on the day of your exam with small sips of water at least 2 hours before your procedure.

6. If you are a woman of childbearing age or menopausal less than 12 months, you will be required to give a urine sample for pregnancy testing when you arrive.

7. Three days before your procedure, follow a "Low- Residue Diet". Two days before your procedure, follow a "Low- Residue Diet". One day before your procedure is clear liquids only.

8. DO NOT DRINK 3 hours BEFORE YOUR PROCEDURE OR IT WILL BE CANCELED. This includes sips of water, candy, and gum- except for a small sip of water with medication.

SuPrep INSTRUCTIONS: Failure to follow these instructions may result in a repeat exam or cancellation of your exam.

A. IF YOUR PROCEDURE IS SCHEDULED BEFORE 3:00 pm:

STEP 1	STEP 2
<ul style="list-style-type: none"> ● At 4 pm, the night before your procedure, pour the contents of one bottle of Suprep Bowel Prep Kit into the provided mixing container. Add water up to the 16 oz fill line and mix. ● Drink the entire 16 oz container of mixture within 15-20 minutes (Suprep liquid and water). ● You must drink TWO additional containers filled with 16 oz of water over the next 2 hours. 	<ul style="list-style-type: none"> ● At 10 pm, the night before your procedure, pour the contents of one bottle of Suprep Bowel Prep Kit into the provided mixing container. Add water up to the 16 oz fill line and mix. ● Drink the entire 16 oz container of mixture within 15-20 minutes (Suprep liquid and water). ● You must drink TWO additional containers filled with 16 oz of water over the next 2 hours.

B. IF YOUR PROCEDURE IS SCHEDULED AT OR AFTER 3:00 pm:

STEP 1	STEP 2
<ul style="list-style-type: none"> ● At 6 pm, the night before your procedure, pour the contents of one bottle of Suprep Bowel Prep Kit into the provided mixing container. Add water up to the 16 oz fill line and mix. ● Drink the entire 16 oz container of mixture. (Suprep liquid and water). ● You must drink TWO additional containers filled with 16 oz of water over the next 2 hours. 	<ul style="list-style-type: none"> ● At 6 am, the morning of your procedure, pour the contents of one bottle of Suprep Bowel Prep Kit into the provided mixing container. Add water up to the 16 oz fill line and mix. ● Drink the entire 16 oz container of mixture. (Suprep liquid and water). ● You must drink TWO additional containers filled with 16 oz. of water over the next hour. ● Note: prep has to be done before 7 am.

LOW-RESIDUE DIET ENTIRE DAY 3 DAYS BEFORE YOUR PROCEDURE • Date:	
FOOD GROUP	EXAMPLES OF FOODS ALLOWED
BEVERAGES	Water, Tea, Coffee, Milk, Soda, Pulp-Free Fruit Juices, Ice pops, Italian Ice (No red, purple, or blue).
BREAD/CEREALS/PASTA	White Bread, Crackers, Muffins, Pancakes, White Rice, Refined Cereals, Farina, Refined Pasta & Noodles, Cream Soups (No seeds, nuts or whole grain foods).
FRUITS	No Fruits
VEGETABLES	No Vegetables
MEAT	Cooked and Tender: Fish and Chicken
DESSERTS/DAIRY	Plain Milk Pudding, Custard, Ice Cream, Yogurt, Cheese, Eggs, Butter, Mayonnaise, Plain Cake, Cookie, Pie, Gelatin (No red, purple, or blue).
MISCELLANEOUS	Condiments: Mustard, Clear Jelly, Smooth Peanut Butter, Syrup, Plain Candy (No red, purple, or blue).

CLEAR LIQUID DIET ENTIRE DAY BEFORE YOUR PROCEDURE • Date:	
FOOD GROUP	EXAMPLES OF FOODS ALLOWED
BEVERAGES	Water (plain, carbonated or flavored- No red, purple, or blue) Carbonated drinks, avoiding dark sodas (no cola, root beer etc.. Nothing red, purple, or blue) Tea or Coffee without milk or cream Sports drinks (no red, purple, or blue)
FRUITS	Clear, pulp free fruit juices (Ex: apple or white grape juice.. No red, purple, or blue) Clear, fruit- flavored beverages (Ex: Lemonade)
DESSERTS	Gelatin (no red, purple, or blue) Ice pops without milk, bits of fruit, seeds or nuts (no red, purple, or blue)
MISCELLANEOUS	Clear, fat-free broth (bouillon or consommé). Honey/sugar artificial sweeteners Hard candy, such as lemon drops or spearmint rounds

SPECIAL INSTRUCTIONS FOR DIABETIC PATIENTS:

For people with diabetes, any procedure that causes you to miss a meal or change your usual meal plan will require special planning to safely manage blood glucose. These are general guidelines. Please call your healthcare provider- who manages your diabetes with any questions. If you are taking Ultralente/Lente insulin or if you use an insulin pump, please consult the prescribing physician regarding dosing.

If you check your blood sugar daily, check it more often the day before and the day after your exam. Check your blood glucose level before all meals and at bedtime on the preparation day and on the day of your procedure. Check your blood sugar if, at any time, you have symptoms of low or very high blood glucose. If you have a low blood sugar reading during the prep, you may drink clear fruit juice, soda, or take glucose tablets.

THE DAY BEFORE THE PROCEDURE:

IF YOU TAKE INSULIN	IF YOU TAKE PILLS
<ul style="list-style-type: none">• Take half of your usual dose of regular/ NPH/ Lente insulin in the morning.• DO NOT TAKE any insulin in the evening	<ul style="list-style-type: none">• Take half of your usual dose of oral medicine in the morning.• DO NOT TAKE any oral diabetic medication in the evening.

THE DAY OF YOUR PROCEDURE:

IF YOU TAKE INSULIN	IF YOU TAKE PILLS
<ul style="list-style-type: none">• DO NOT TAKE any insulin on the morning of your procedure.• Take half of your NPH/ Lente insulin after your procedure once you begin eating. DO NOT TAKE any regular insulin• DO NOT make up or “double- up” on any missed medications after the procedure. Take the usual dose of insulin in the evening as long as you are eating.	<ul style="list-style-type: none">• DO NOT TAKE any oral diabetic medication on the morning of your procedure.• Take half of your usual oral dose of diabetic medication after the procedure, once you begin eating.• DO NOT make up or “double up” on any missed medications after the procedure• Take the usual dose of oral medication in the evening as long as you are eating.

PLEASE BRING THE FOLLOWING TO THE ENDOSCOPY CENTER ON THE DAY OF YOUR PROCEDURE:

1. INSULIN
2. INSULIN SYRINGES

ADDITIONAL INSTRUCTIONS:

Hold 2 to 4 days prior to procedure as stated below:

Rybelsus (Semaglutide)	2 Days
Invokana (Canagliflozin)	3 Days
Farxiga (Dapagliflozin)	3 Days
Kerendia (Finerenone)	3 Days
Jardiance (Empagliflozin)	3 Days
Steglatro (Ertugliflozin)	4 Days
Adipex (Phentermine)	7 Days

Above combined with another medication:

Glyxambi (Empagliflozin/linagliptin)	3 Days
Invokamet, Invokamet XR (Canagliflozin/metformin)	3 Days
Qtern (Dapagliflozin/saxagliptin)	3 Days
Segluromet (Ertugliflozin/metformin)	4 Days
Steglujan (Ertugliflozin/sitagliptin)	4 Days
Synjardy (Empagliflozin/metformin)	3 Days
Trijardy XR (Empagliflozin/linagliptin/metformin)	3 Days
Xigduo XR (Dapagliflozin/metformin)	3 Days

Non-Insulin injectables (hold for 8 days before procedure):

Ozempic, Wegovy (Semaglutide)
Trulicity (Dulaglutide)
Byetta (Exenatide)
Victoza (Liraglutide)
Symlin (Pramlintide)
Mounjaro, Zepbound (Tirzepatide)

ALL PATIENTS WHEN DISCHARGED AFTER YOUR PROCEDURE:

- DO NOT operate any machinery or drive any vehicle for the remainder of the day
- DO NOT return to work/school, rest for the remainder of the day.
- DO NOT drink alcohol for the remainder of the day.
- DO NOT assume responsibility for young children or anyone dependent on your care.
- DO NOT travel by airplane until 24 hours after your procedure.
- DO NOT make any important decisions or sign any legal documents until the day after.

IMPORTANT INFORMATION AND RECOMMENDATIONS:

<p>DISCOMFORT It is normal to feel bloated. This will last until the air is expelled. You may also have a mild sore throat. Throat lozenges, gargling with warm water and/or a non-aspirin pain reliever may help.</p>	<p>ACTIVITY Rest for the remainder of the day.</p>	<p>WHEN TO SEEK MEDICAL HELP: If you experience any of the following symptoms below, call our office at (631) 669-1171 or go to the nearest emergency room.</p> <ol style="list-style-type: none">1. Vomiting blood2. Pass dark stools3. Neck or chest pain4. Constant abdominal pain that is not relieved by expelling air5. Body temperature of 100.4 °F or greater
<p>MEDICATIONS You may resume taking your medications unless instructed otherwise.</p>	<p>DIET You may resume your usual diet unless instructed otherwise. A light or liquid diet may be better tolerated if you feel very bloated and have gas cramps.</p>	

MY NOTES: