

Colonoscopy Prep Instructions – SuPrep (same day)
This prep is ONLY for procedures 12:00pm or later

Your arrival time _____

Your procedure time _____ Procedure Date _____

Location of procedure: Main Office (Dowell Springs Blvd) North Office (Delozier Way) West Office (Parkside Dr)

Planning for the Procedure:

- **You will need a driver** to take you home. You may not drive at all on the day your procedure is performed. We will not sedate you **unless** we have the name/phone # of the person who is taking you home. Uber, Lyft, taxi, etc... are not considered a responsible party and therefore are not allowed unless your provider has approved this prior to your procedure.
- Your entire visit to our office on the day of your procedure may last up to 3 to 4 hours. Please advise your driver they must remain in the unit or nearby during your entire visit.
- If you wear **dentures** -- for safety reasons, you will be expected to **remove** them before your procedure.
- Dress comfortably in clothes that can be easily removed/folded.
- If you have not received your bowel prep materials (laxative kit), or if you must cancel/reschedule your appointment, please call our office at 865-588-5121.

Supplies needed:

- Your **SuPrep** prep kit

DRINKING THE PREP – Follow the instructions **exactly as written** to ensure a successful procedure.

7 days before your colonoscopy:

- If you take aspirin (325 mg or less) or NSAIDs (Advil, Aleve, Motrin, Mobic or ibuprofen), you may continue to take them as usual.
- If you take a blood thinner or high dose aspirin (greater than 325 mg) or weight loss medications (GLP-1 agonist) please refer to the instructions on page 2. Check with your doctor to be sure it is safe to hold your medication. If you take an oral GLP-1 daily, please hold the day before and day of your procedure.
- Stop taking iron supplements and multivitamins that contain either iron or Vitamin E.

3 days before your colonoscopy:

- Stop eating popcorn, corn, seeds, nuts, beans, fruits with small seeds, and celery.
- If you take oral medications for diabetes, contact your doctor to see if your dose needs to be adjusted on the day before your procedure.

1 day before your colonoscopy:

Sample Meal Plan

| | |
|-----------------------|---|
| Breakfast: | Glass of milk, cream of wheat with milk and white sugar, scrambled eggs and white toast. |
| Lunch: | Glass of lemonade, white bread sandwich with slice chicken breast, cream cheese or mayonnaise |
| Dinner (4 PM): | Whitefish fillet with rice or mashed potatoes, or regular Pasta with diced chicken breast and Parmesan cheese, and water. and vanilla ice cream |

FOODS ALLOWED the day before your procedure:

- Milk, white colored yogurt (no added fruit), mayonnaise, cream, sour cream, butter and margarine, oil for cooking
- White bread/toast, eggs (whole or whites)
- White rice, regular pasta, potatoes (peeled and mashed only), rice noodles
- Rice crackers (plain), white flour, sugar
- Chicken breast (no skin), white fish fillet (no skin)
- Cheese: cream cheese/cheddar/ricotta/feta/cottage/mozzarella/parmesan cheese
- White chocolate, vanilla ice cream

- CLEAR FLUIDS are allowed: water, soda water, mineral water, ginger ale, sports drinks (not red/purple/blue), lemonade, apple juice (no pulp), black coffee/tea, Jell-O (not red) or clear soup (e.g. clear chicken broth)
- **Food NOT ALLOWED** – Anything not listed above

DAY OF your colonoscopy:

- **At 4 to 6 AM**, pour the 1st bottle of **SuPrep** (6 oz) into provided container and add cold water to the fill mark. Drink the entire mixture. Follow this by drinking 2 additional glasses of water (16 oz each) over the next 1 hour.
- **At 7 to 9 AM**, pour the 2nd bottle of **SuPrep** (6 oz) into the container. As with the prior dose, add cold water to the fill mark. Drink the entire mixture. Follow this by drinking 2 additional glasses of water (16 oz each) over the next 1 hour.
- **DO NOT** drink anything else **after 10 AM**. If necessary, you may take your morning meds with 1-2 sips of water. **DO NOT** chew gum or eat hard candy. **DO NOT** use any form of tobacco (cigarettes, chew, dip, vape) on the day of your procedure to avoid risk of cancellation. **DO NOT** wear any perfume or cologne. If you have asthma, bring your inhalers. If you take injectable insulin, bring it with you.

Additional helpful tips:

1. Stay near the toilet! You will have diarrhea, which can be quite sudden. This is normal.
2. If you have nausea or vomiting with the prep, give yourself a 30–60-minute break, rinse your mouth or brush your teeth, then resume drinking the prep.
3. Anal skin irritation or hemorrhoid inflammation may occur. If this happens, treat it with over-the-counter-remedies, such as hydrocortisone cream, baby wipes, Vaseline, Desitin, or TUCKS pads. Avoid products containing alcohol. If you have a prescription for hemorrhoid cream, you may use it. Do not use suppositories.

Please also consult with your primary care doctor, your heart/lung specialist, or the prescribing physician for your **anti-coagulant** and **diabetic medications** for further clarification on the safety of stopping your medication (unless we've already done this for you). If your doctor denies you permission to stop your medication, please let your gastroenterologist know.

| ANTI - COAGULANT MEDICATIONS | |
|-----------------------------------|---|
| <u>Brilinta</u> (ticagrelor) | Hold for 5 days prior |
| Coumadin (warfarin) | Hold for 5 days prior |
| <u>Effient</u> (prasugrel) | Hold for 7 days prior |
| <u>Eliquis</u> (apixaban) | Hold for 2-4 days (normal kidney function - 2 days) |
| Plavix (clopidogrel) | Hold for 5 days prior |
| Pradaxa (dabigatran) | Hold for 2-4 days (normal kidney function - 2 days) |
| <u>Savaysa</u> (edoxaban) | Hold for 1 day prior |
| <u>Xarelto</u> (rivaroxaban) | Hold for <u>2 day</u> prior |
| <u>Pletal</u> (cilostazol) | Hold for 2 days prior |
| Aggrenox (aspirin & dipyridamole) | Hold for 7 days prior |
| Aspirin | Do not stop 81 or 325 mg. For 500 mg or more, STOP for 7 days |

| DIABETIC AND WEIGHT LOSS - INJECTABLE MEDICATIONS | |
|---|---|
| <u>Byetta</u> (exenatide) | Hold on day of procedure (twice daily injection) |
| <u>Victoza</u> (liraglutide) | Hold on day of procedure (once daily injection) |
| <u>Tanzeum</u> (albiglutide) | Hold for 7 days prior to procedure (once weekly injection) |
| <u>Trulicity</u> (dulaglutide) | Hold for 7 days prior to procedure (once weekly injection) |
| <u>Lixumia</u> (lixisenatide) | Hold on day of procedure (once daily injection) |
| <u>Beinaglutide</u> | Hold on day of procedure (three times daily injection) |
| <u>Ozempic</u> (semaglutide) | Hold for 7 days prior to procedure (once weekly injections) |
| <u>Fu Laimel</u> (peg-loxenate) | Hold for 7 days prior to procedure (once weekly injection) |
| <u>Mounjaro</u> (tirzepatide) | Hold for 7 days prior to procedure (once weekly injection) |
| <u>Wegovy</u> (semaglutide) | Hold for 7 days prior to procedure (once weekly injection) |
| <u>Bydureon</u> (exenatide) | Hold on day of procedure (twice daily injection) |
| <u>Rybelsus</u> (semaglutide) | Hold for 7 days prior to procedure (once weekly injection) |
| <u>Soliqua</u> (lixisenatide) | Hold on day of procedure (once daily injection) |
| <u>Xultophy</u> (Insulin degludec/liraglutide) | Hold on day of procedure (once daily injection) |

