

## Colonoscopy Prep Instructions - SUPREP®

Location: ☐ **Wantagh Office**  
1488 Wantagh Avenue  
Wantagh, NY 11793

☐ **Meadowbrook Endoscopy Center**  
865 Merrick Avenue, Suite 150N  
Westbury, NY 11590

☐ **Other**

Procedure Date: \_\_\_\_\_ Time: \_\_\_\_\_ \*Be flexible. Time may change.

Follow-Up Appointment Date: \_\_\_\_\_ Time: \_\_\_\_\_ Virtual or 2155

### 1. 7 days before the procedure

- No aspirin, ibuprofen products, vitamin E, multi-vitamin, fish oil
- *Tylenol products are allowed.*
- Take all other medications as prescribed, unless instructed otherwise by the physician.
- Do not consume nuts, beans, seeds or corn.
- Discontinue Trulicity, Wegovy, Ozempic, Zepbound, Semaglutide, Saxenda, Tirzepatide and Rybelsus at least **7-8 days** before the procedure.

### 2. 1 day before the procedure

- The day before the procedure, you **may not have any solid food** from the time you wake up until you go to bed. **Drink ONLY clear liquids all day (no red or purple).**
- At **2pm** the day before your procedure:
  - **Follow these instructions ONLY, not those on the SUPREP® box.**
  - Pour one (1) 6-ounce bottle of SUPREP® liquid into the mixing container.
  - Add cool drinking water to the 16-ounce line on the container and mix the solution.  
**NOTE:** Dilute the solution concentrate as directed prior to use.
  - Drink ALL the liquid in the container
  - Drink two (2) more 16-ounce containers of water over the next hour.
- At **8pm** the day before your procedure:
  - Repeat all steps from 2pm.

## Please do not eat or drink anything after midnight

### 3. Day of procedure

- Upon awakening, take your blood pressure medicine (if applicable) with a sip of water.
- No gum chewing or hard candy.
- Bring your **medication reconciliation** sheet or a list of your medication, including dosage, with you.
- Bring your **insurance card and photo ID**.
- All females under the age of 50 will be asked to provide a urine sample prior to the procedure.
- **An adult must drive you home from your procedure.** You are not allowed to use an Uber, Lyft or other ride-sharing service home from your procedure.
- **You will be unable to drive or work for the remainder of the day after your procedure.**

Due to our inability to fill surgical spots with short notice, cancellations within 48 hours of their scheduled time may be subject to a \$150 cancellation fee.

### Clear Liquid vs. Not Clear Liquid

Clear Liquid	Not Clear Liquid
<ul style="list-style-type: none"> <li>• Gatorade, Pedialyte or Powerade</li> <li>• Clear Broth or Bouillon</li> <li>• Coffee or Tea (No milk or nondairy creamer)</li> <li>• Apple juice and other clear fruit flavored drinks</li> <li>• Jell-O, Popsicles, Hard Candy</li> </ul>	<ul style="list-style-type: none"> <li>• Red or purple items of any kind</li> <li>• Alcohol</li> <li>• Milk or Nondairy creamers</li> <li>• Noodles or vegetables in soup</li> <li>• Juice with pulp</li> <li>• Liquid you cannot see through</li> </ul>

### Tips:

- Eat light foods starting a few days before your procedure. This can make the prep easier.
- Drink your solution through a straw
- The more liquids you consume the better and easier the cleansing process.

### Special Instructions:

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