



# COLONOSCOPY PREP INSTRUCTIONS

## SuPrep™ Split Dose Bowel Preparation



**IMPORTANT** – Please read these instructions at least 2 weeks before your colonoscopy. Your procedure will be performed at **Sonoma Valley Hospital**, 347 Andrieux St. in Sonoma, California. If you need to reschedule, cancel, or have questions about your procedure, please contact the office at 707-938-7690.

**Date:** \_\_\_\_\_

**Arrival time:** \_\_\_\_\_ (Pre-op Nurse will notify you of this time)

**Key Instructions:** To have a successful colonoscopy your colon **MUST** be clear of any solid or liquid stool. Please follow all the instructions in this handout EXACTLY as they are written.

- **Do NOT** eat any solid food the ENTIRE day before or morning of your colonoscopy
- Pick up your bowel preparation from the pharmacy on record at least **5 days** before your colonoscopy
- **Do NOT** mix the solution until the day before your colonoscopy (Prep Day)
- A **responsible adult** (family member or friend) **MUST** drive you home from the procedure. You are **NOT ALLOWED** to drive, take a taxi, bus, or car service, walk, or leave the hospital alone.
- Expect to be at SVH for the procedure for **3-4 hours**.

**Medications:** Please continue your *usual* medications with the following **IMPORTANT** exceptions.

Blood thinners	Coumadin (Warfarin)	Hold FIVE days prior to colonoscopy
	Plavix (clopidigrel), Ticlid (ticlopidine), Effient (prasugrel)	Hold SEVEN days prior to colonoscopy
	Xarelto (Rivaroxaban), Pradaxa (Dabigatran), Eliquis (Apixaban) or other direct oral anticoagulants	Hold THREE days prior to colonoscopy
Diabetes	Metformin (Glucophage)	Hold on prep day and colonoscopy morning
	Glipizide (Glucotrol), Glimepiride	Hold on colonoscopy day
	Pioglitazone (Actos), Rosiglitazone (Avandia)	Hold on colonoscopy day
	Sitagliptin (Januvia), Saxagliptin (Onglyza), Alogliptin (Nesina, Vipidia), Linagliptin (Tradjenta), Vildagliptin (Galvus)	Hold on colonoscopy day
	Canagliflozin (Invokana), Dapagliflozin (Farxiga), Empagliflozin (Jardiance), Ertugliflozin (Steglatro)	Hold THREE days prior to colonoscopy
	Exenatide (Byetta), Liraglutide (Victoza or Saxenda), Semaglutide Oral (Rybelsus), Semaglutide Injection (Ozempic; Wegovy), Dulaglutide (Trulicity), Lixisenatide (Adyline), Tirzepatide (Mounjaro; Zepbound)	For weekly dosing, hold 7 days prior to colonoscopy. (If taken exclusively for diabetes, other diabetes medications may be needed while dose is held—please contact your PCP for guidance.) For daily dosing, hold on colonoscopy day.
	Long Acting Insulin (Lantus, Basaglar, Tresiba)	50% typical dose on prep day and if taken in morning take 50% typical dose on colonoscopy day
	Intermediate Insulin (NPH, Novalin 70/30, Novalog 70/30)	80% of typical dose on prep day; take 50% of typical dose on colonoscopy morning if CBG over 200
	Short Acting Insulin (Aspart, Lispro, Regular, Humalin)	Fixed dosing: 50% of typical dose on prep day and HOLD on colonoscopy day Correctional dosing: take typical dose

Blood Pressure	ACE Inhibitors: Benazepril, Captopril, Enalapril, Fosinopril, Lisinopril, Moexipril, Quinapril, Ramipril ARBs: Azilsartan, Candesartan, Eprosartan, Irbesartan, Losartan, Olmesartan, Telmisartan, Valsartan	Hold on colonoscopy morning
Other	Supplements, Herbals, Iron, Vitamins, Baby Aspirin, Omega-3s, NSAIDs like ibuprofen, Celebrex, Mobic, Naproxen	Hold SEVEN days prior to colonoscopy

#### Items to purchase from a local pharmacy:

- **SuPrep Kit (Sodium Sulfate/Potassium Sulfate/Magnesium Sulfate):** This prescription has been sent to your pharmacy on record with the office. It is supplied in a box with two 6oz bottles and a mixing cup.
- **Barrier Cream / Ointment to protect your bottom:** Calmoseptine or Zinc oxide or A&D Ointment

#### Three (3) Days Before Your Colonoscopy:

- **Avoid high fiber foods** such as popcorn, beans, seeds (flax, sunflower, and quinoa), multigrain bread, nuts, salad, fresh vegetables (tomatoes, carrots, cucumbers/pickles, corn, etc), fresh and dried fruit.
- **Avoid fiber supplements** such as psyllium husks, Metamucil, Citrucel, Benefiber, Konsyl

#### One Day Before Your Colonoscopy (PREP DAY): \_\_\_\_\_

- Only drink **CLEAR liquids** the **ENTIRE DAY** before your colonoscopy. **Do NOT eat any solid foods.**
  - Water; apple or white grape juice; fat free broth; coffee or tea (NO milk, creamer, or sugar); clear carbonated beverages such as ginger ale or lemon-lime soda; Gatorade or other sports drinks; Crystal Light; Jello; popsicles—no ice cream/dairy or with pieces of fruit. **NO RED OR ORANGE CLEAR LIQUIDS, PLEASE!**
  - **Do NOT** drink alcohol or use marijuana on PREP DAY or the day of your procedure.

**When to Drink Your Bowel Prep:** You will start in the evening on Prep Day. Choose the appropriate box below.

#### If your colonoscopy is a Morning Appointment (arrival BEFORE 11 AM):

- **Step 1:** At **6 pm** on Prep Day, pour one 6 oz bottle of Suprep into the mixing container. Add cool drinking water up to the 16 oz line on the container and mix. Drink this within 15 minutes. You **MUST DRINK 2** more 16 oz containers of water over the next 1 hour.
- **Step 2:** At **9 pm** pour the remaining 6 oz bottle of Suprep into the mixing container. Add cool drinking water up to the 16 oz line on the container and mix. Drink this within 15 minutes. You **MUST DRINK 2** additional 16oz containers of water over the next 1 hour.
- You may continue to drink clear liquids until midnight.
- If you feel nauseated, stop, wait 30 min and re-start.
- **Do NOT EAT or DRINK anything after midnight except for essential medications with a sip of water.**

#### If your colonoscopy is an Afternoon Appointment (arrival at 11 AM or LATER):

- **Step 1:** At **6 pm** on Prep Day, pour one 6 oz bottle of Suprep into the mixing container. Add cool drinking water up to the 16 oz line on the container and mix. Drink this within 15 minutes. You **MUST DRINK two (2)** more 16 oz containers of water over the next 1 hour.
- **Step 2: On the day of colonoscopy, 6 hours prior to your SVH arrival time,** pour the remaining 6 oz bottle of Suprep into the mixing container. Add cool drinking water up to the 16 oz line on the container and mix. Drink this within 15 minutes. You **MUST DRINK two (2)** additional 16oz containers of water over the next 1 hour. (FOR EXAMPE: If you have an 11 am arrival, start drinking at 5 am. If you have a 2 pm arrival, start at 10 am, etc.)

- If you feel nauseated, stop, wait 30 min and re-start. Walking may help, too.
- **Nothing more by mouth after the prep drink is finished.**