

Suprep Instructions

5 Days Before Procedure	<ul style="list-style-type: none"> • Pick up your prescriptions for Suprep and Simethicone (Gas-X) at your local pharmacy. Please call our office if your pharmacy does not have the prescriptions. <ul style="list-style-type: none"> ○ Sheboygan Digestive Health: 920-457-4400 ○ Green Bay and Oconto Falls Digestive Health: 920-429-1700 • <i>If you have insulin-dependent diabetes, have fewer than 3 bowel movements a week, or are taking narcotics or weight loss medications, please purchase 2 tablets of Dulcolax 5mg over the counter.</i>
3 Days Before Procedure	<ul style="list-style-type: none"> • Drink 64 ounces of any clear liquid throughout the day today. • Start following the low fiber diet. <ul style="list-style-type: none"> ○ Avoid nuts, seeds, corn, popcorn, raw fruits and vegetables containing seeds, whole wheat, multi-grain foods, bran, fiber supplements, and medications that cause constipation (Imodium, Pepto-Bismol, Lomotil) until after your procedure.
2 Days Before Procedure	<ul style="list-style-type: none"> • Drink another 64 ounces of any clear liquid throughout the day today. • Continue following the low fiber diet. • Remember, the less you eat now, the easier the prep will be.
1 Day Before Procedure	<ul style="list-style-type: none"> • Do not eat solid foods. • Drink only a clear liquid diet throughout the day and until bedtime. (Avoid red and purple dyes). <ul style="list-style-type: none"> ○ Examples of acceptable clear liquids include water, apple juice, white grape juice, plain coffee or tea, sports drinks, lemon-lime soda, cola, seltzer, orange soda, Jell-O, popsicles, broth. • <i>If you have insulin-dependent diabetes, have fewer than 3 bowel movements a week, or are taking narcotics or weight loss medications take the 2 Dulcolax tablets with a glass of water at 2PM.</i> • As early as 4PM: Pour ONE 6 ounce bottle of Suprep liquid into the mixing container provided. Add water to the 16 ounce fill line on the container and mix. Drink ALL the liquid in the container over 30 minutes. • WAIT 30 minutes then drink 2 more 16 ounce glasses of water over the next hour. • The laxative effect can begin within 1-4 hours. Be prepared to be near a bathroom. • If discomfort occurs, pause for 30 minutes to 1 hour and resume after symptoms subside.
Day of Procedure	<ul style="list-style-type: none"> • Do not eat any solid foods. • 4 hours before your scheduled procedure time: take 2 simethicone (Gas-X) pills and pour ONE 6 ounce bottle of Suprep liquid into the mixing container provided. Add water to the 16 ounce fill line on the container and mix. Drink ALL the liquid in the container over 30 minutes. • Wait 30 minutes then drink 2 more 16 ounce glasses of water over the next hour. Take 2 more simethicone pills with the last glass of water. • If discomfort occurs, pause for 30 minutes to 1 hour and resume after symptoms subside.

	<ul style="list-style-type: none"> • Stop all liquids including water, gum, mints, and hard candy 2 hours prior to registration. Do not chew tobacco or smoke. • Note: After completing the prep, your stool should be pale yellow or clear and free of any solid matter. If it is not clear, please contact the location where your procedure is scheduled for further instructions.
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Additional Information

Procedure Times	<ul style="list-style-type: none"> • If you are scheduled at HSHS St. Mary's Hospital Medical Center: We'll reach out to you before 12 PM on the day before your procedure to provide your arrival time. <i>If you haven't heard from us by then, please call (920) 884-3400 before 4pm.</i> • If you are scheduled at the Prevea Ambulatory Surgery Center, we will contact you 5 to 10 days prior to your procedure for a pre-procedure call. Additionally, we will reach out to you the day before your procedure to provide your designated arrival time. <i>If you have not received a call by 12:00 p.m. the day before your procedure, please contact us at (920) 272-3648.</i> • If you are scheduled in Sheboygan: If you haven't already received your time, you will receive a call with your time the week of your procedure. <i>If you haven't heard from us 3 days before your procedure date, please call 920-457-4400.</i>
Transportation	<ul style="list-style-type: none"> • It is HSHS and Prevea policy for a reliable family member or friend to provide transportation following your procedure. Driving or using public transportation, including taxis, buses, Uber, or Uber Medical, is not allowed. The use of medical transport is acceptable. If you cannot arrange for a responsible driver, we will unfortunately need to cancel your procedure.
Medications	<ul style="list-style-type: none"> • Diabetic <ul style="list-style-type: none"> ○ Please hold SGLT2 medications (Jadience, Invokana, Farxiga, Steglatro) for 3 days prior. ○ Drink regular liquids the day before your colonoscopy instead of sugar free or diet liquids. ○ Contact your prescribing provider with any questions regarding your oral or injectable medications. • Weight Loss <ul style="list-style-type: none"> ○ Please hold Phentermine (Lomaira, Adipex-P) for 7 days prior. Contact your prescribing provider to ensure this is safe. • Blood Thinners <ul style="list-style-type: none"> ○ If you're on any of these medications and haven't receive instructions on discontinuation, please reach out to us at (920) 429-1700: <ul style="list-style-type: none"> ▪ Coumadin/Warfarin/Jantoven ▪ Xarelto/Rivaroxaban ▪ Lovenox/Enoxaparin ▪ Savaysa/Edoxaban

	<ul style="list-style-type: none">▪ Pradaxa/Dabigatran▪ Eliquis/Apixaban▪ Brilinta/Ticagrelor▪ Effient/Prasurgel▪ Plavix/Clopidogrel <ul style="list-style-type: none">○ <i>You only need to avoid taking baby aspirin on the morning of your procedure.</i>
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