

# SUPREP

Phone: (909)833 7556

## CONFIRM YOUR LOCATION:

<input type="checkbox"/> <b>POMONA VALLEY HOSPITAL</b> 1798 N. Garey Ave, Pomona, CA 91767 Phone <b>(909) 865-9141</b>	<input type="checkbox"/> <b>ARCHIBALD SURGERY CENTER</b> 9674 Archibald Ave, Suite 175, Rancho Cucamonga, CA 91730 (Will call 1-2 business days before to give the exact procedure time) Phone: <b>(909) 296-8930</b>
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## PLEASE READ THESE INSTRUCTIONS CAREFULLY BEFORE YOU START:

**ARRANGE FOR TRANSPORTATION:** Since Endoscopy involves anesthesia/ sedation, you must have someone drive you home and stay with you for 2-4 hours following the procedure. **You may use Uber or Lyft services but must have a responsible adult other than the driver for discharge.**

### Inform the Office Immediately

- If you started any NEW immunosuppressive medications or a chemotherapy regimen.
- Experienced chest pain, shortness of breath or dizziness
- If there is a change in your insurance coverage

## STOP THE FOLLOWING MEDICATIONS:

<b>14 DAYS BEFORE THE PROCEDURE</b>	Ozempic/ Wegovy: Semaglutide Mounjaro: Trizepatide Trulicity: Dulaglutide Saxenda/Victoza: Liraglutide
<b>5 DAYS BEFORE THE PROCEDURE</b>	NSAIDs: Advil, Ibuprofen, Motrin, Aspirin, Aleve, Naproxen, Celebrex, Diclofenac, Meloxicam  Coumadin/ Warfarin  Anti-Platelet Therapy: Plavix/ Clopidogrel, Prasugrel/ Effient, Ticlopidine/ Ticlid, Brilinta/Ticagrelor, Aspirin, Excedrin.  Supplements: Any iron or multi-vitamin (with iron), Fish Oil, Vitamin E, omega-3, CoQ10, Fosamax, and Garlic supplements.
<b>3 DAYS BEFORE PROCEDURE</b>	Apixaban/ Eliquis Rivaroxaban/ Xarelto Dabigatran/ Pradaxa Edoxaban/ Savaysa

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- This preparation is meant to clean your colon and may cause minor cramping, diarrhea, rectal and abdominal discomfort. Small amounts of rectal bleeding, headaches, fatigue, and nausea are expected.
- PLEASE STAY AT HOME AND PLAN TO STAY CLOSE TO THE RESTROOM; THIS MEDICATION MAY WORK QUICKLY. If any of these symptoms are significant or you have questions, please do not hesitate to contact us.
- Using Vaseline or diaper rash ointment between bowel movements will help prevent rectal irritation. You can also use baby wipes in place of toilet tissue.

## **1 DAY BEFORE THE PROCEDURE: STAY HYDRATED!**

Clear fluids ONLY for BREAKFAST, LUNCH & DINNER. Continue fasting until after your procedure.

DO NOT have any solid foods or milk products. Nothing colored RED, PURPLE. No alcoholic beverages.

Take less than your usual dose of insulin or diabetic medications on the day before your procedure.

## **THE EVENING BEFORE YOUR COLONOSCOPY AT 6:00 pm (1st DOSE)**

Step 1: Pour ONE 6oz bottle of Suprep liquid into the mixing container.

Step 2: Add cool drinking water to the 16oz line on the container and mix.

Step 3: Drink ALL the liquid in the container.

Step 4: You MUST drink two (2) more 16oz containers of water over the next 1 hour.

## **THE DAY OF THE PROCEDURE (2ND DOSE)**

### **5 hours before your procedure:**

Step 1: Pour ONE 6oz bottle of Suprep liquid into the mixing container.

Step 2: Add cool drinking water to the 16-ounce line on the container and mix.

Step 3: Drink ALL the liquid in the container.

Step 4: You MUST drink two (2) more 16oz containers of water over the next 1 hour.

### **3 HOURS BEFORE YOUR PROCEDURE: DO NOT DRINK ANY WATER OR ANY OTHER LIQUIDS.**

YOU MAY TAKE IMPORTANT MEDICATIONS (such as heart, blood pressure, thyroid, or seizure medication) with a small sip of water on the morning of your procedure. DO NOT take insulin or your diabetic medications until after the procedure.