

SUPREP/CLENPIQ/SUTAB

◦ **NO NUTS, SEEDS, BERRIES, OR CORN 1 WEEK PRIOR TO PROCEDURE**

◦ **NO WEIGHTLOSS INJECTIONS 1 WEEK PRIOR TO PROCEDURE**

- Call your physician if you are taking any blood thinners such as Plavix, Eliquis, Xarelto or Coumadin to make sure these medications can be held prior to your colonoscopy.
- To prepare for your colonoscopy, we suggest that you purchase these items:
 - a. Suprep, Clenpiq or Sutab Bowel Prep Kit by prescription only, sent to your pharmacy.
 - i. Side effects may or may not include nausea, abdominal pain, cramping, bloating, vomiting, thirst, dizziness, and dehydration. If you feel nauseous or vomit, take a 30-minute break, rinse your mouth, and then continue drinking your prep. If you throw up your prep, try your best to drink as much bowel prep as you can tolerate and report for your endoscopy as scheduled. Be sure to alert your doctor that you could not tolerate your entire bowel prep.
 - b. Clear liquids such as water, ice, popsicles, apple juice, white grape juice, lemonade, sprite, 7-Up, Gatorade, Powerade, beef, chicken, vegetable broths, Jell-O, Kool-Aid, crystal light, coffee (no milk/creamer), tea
 - c. Baby wipes or moistened wipes
 - d. Vaseline or A&D ointment to apply after bowel movements.
- You will do pre-procedural phone interview 3-5 days before your colonoscopy with the facility you're scheduled to have your procedure at. Their nurse will call you.
- Medications will be reviewed and you will be instructed which medications will be held versus taken the day of the procedure. Be sure to have all your medications and doses on hand for the interview. Take morning medications with a sip of water up to 2 hours before your colonoscopy.
 - e. Diabetic patients will get special instructions on how to adjust your medications.
- Your arrival time will be phoned to you between 3pm-5pm the afternoon before your scheduled procedure.
- On the day of your colonoscopy, your colon must be clean on the inside. An unclean colon can result in your test being rescheduled, missed lesions, increased procedure time, and a potential increase in complication rates.
- You need to have an adult with you to take you home after the procedure. You will not be able to leave by yourself.
- You will also not remember talking with me after the procedure. Bring along a trusted friend or family member to discuss the test results. Please be sure to inform me if you do not want these results shared.
- Expect a total of 2-3 hours for your test and recovery time.
- You may not work or drive the rest of the day due to sedation given at the time of the procedure. You may return to work the following day as usual.

DAY Before Your Colonoscopy

- Clear Liquid Diet the entire day before your colonoscopy including breakfast, lunch and dinner, plus snacks and drinks.
 - No solid foods, no milk products, no juices containing pulp.
 - Avoid **red**, **pink**, or **purple** colors, as these may look like blood.
- Make sure you drink plenty of liquids throughout the day to prevent dehydration.
- Plan so you will have a bathroom readily available. You will not be able to start your prep at work or on the way home from work. You will have multiple bowel movements once the preparation is started. They will become very watery. The bowels are “clear” or clean when there is only pale-yellow fluid without flecks of stool.
- Baby wipes or moist wipes to clean the skin around the anal area. Do not flush wipes.
- You may also coat the anal area with Vaseline or A&D ointment to prevent irritation from the prep.

5pm	Suprep : Mix bottle with water to make 16 ounces and drink over 5 minutes. Followed by 32 ounces of water in the next hour.
	Clenpiq : Drink bottle over 5 minutes. Followed by 40 ounces of water in the next hour.
	Sutab : Take one tablet at a time with sips of water. Drink the first 16 ounces in the first 15 minutes. After one hour, drink an additional 16 ounces of water in the next 30 minutes. After an additional 30 minutes, drink an additional 16 ounces in the next 30 minutes.

Day of Your Colonoscopy

5 hours prior to colonoscopy	Suprep : Mix bottle with water to make 16 ounces and drink over 5 minutes. Followed by 32 ounces of water in the next hour.
	Clenpiq : Drink bottle over 5 minutes. Followed by 32 ounces of water in the next hour.
	Sutab : Take one tablet at a time with sips of water. Drink the first 16 ounces in the first 15 minutes. After one hour, drink an additional 16 ounces of water in the next 30 minutes. After an additional 30 minutes, drink an additional 16 ounces in the next 30 minutes.

- You must finish drinking the final glass of water at least 3 hours before your procedure.
- You must be **NOTHING BY MOUTH** 2 hours prior to your arrival time.
 - **NO SMOKING, NO VAPING, NO CHEWING TOBACCO**
 - **NO SIPS WITH MEDICATIONS**