

SuPrep Instructions

IMPORTANT:

- STOP Phenteramine and other weight reduction medications (including injections such as Wegovy, Ozempic, and Mounjaro) 1 week before your procedure.
- STOP iron tablets 1 week before your procedure.
- You must notify the office of all prescriptions you are taking. Patients with diabetes or heart disease may need specific instructions.
- It is critical that you notify our office as soon as possible if you take any blood thinners such as **Aspirin, Plavix, Coumadin (Warfarin), Effient, Pradaxa, Eliquis, or Brilinta.**

Failure to follow these directions may result in your procedure being rescheduled.

REMEMBER:

- DO NOT EAT: Raw fruits, nuts, vegetables, or fiber supplements 3 days before your procedure.
- DO NOT: Chew gum or have hard candy the day of your procedure.
- DO NOT smoke (vaping, tobacco, marijuana, or illicit drugs) on the day of your procedure.

DAY BEFORE THE COLONOSCOPY:

- You are to have only **CLEAR LIQUIDS** avoiding **RED OR PURPLE LIQUIDS**. Clear liquids include juices without pulp, water, broth, black coffee, black tea, and Gatorade.
- You may have Jell-O, soda (7-Up, Sprite, Starry, Ginger Ale), and popsicles so long as they are not colored red or purple.
- DO NOT consume solid foods, milk, or milk products.

SuPrep INSTRUCTIONS

Drinking both 6 ounce bottles are required to complete prep.

- 5:00 PM – Complete steps 1-4 using one 6 ounce bottle
- 11:00 PM – Repeat steps 1-4 using the other 6 ounce bottle

STEPS

1. Pour one 6 ounce bottle of SUPREP liquid into the mixing container.
2. Add cool drinking water to the 16 ounce line on the container and mix.
3. Drink ALL the liquid in the container.
4. You must drink two more 16 ounce containers of water over the next 1 hour.
 - You may **NOT** have anything else to drink after the midnight solution is gone, unless otherwise directed.
 - If you experience vomiting, please contact the office or the on-call physician.

DAY OF THE PROCEDURE:

- **You may not eat or drink anything.**
- If you are on blood pressure medications, seizure, anxiety, or chronic pain medications, take as directed with a small sip of water.
- Do **NOT** take diabetes pills.
- If you are on insulin, decrease your dose by 1/2 .
- If you experience vomiting, please contact the office or the on-call physician.
- If you use inhalers, bring them with you to the EndoCentre.

****Reminder**** You MUST have someone drive you home given you will receive intravenous medication that makes you drowsy.

Please call us immediately if you have any questions or concerns.

EndoCentre of Baltimore
1838 Greene Tree Road
Suite 180
Pikesville, MD 21208
Phone: 410-602-7782

EndoCentre at Quarterfield Station
7704 Quarterfield Road
Suite A
Glen Burnie, MD 21061
Phone: 410-863-4899

EndoCentre of Westminster
535 Old Westminster Pike
Suite 104
Westminster, MD 21157
Phone: 410-876-8332