# SUPREP

MEMORIAL HEALTH SYSTEM OF SOUTHWEST OKLAHOMA

DIGESTIVE DISEASE SPECIALISTS, INC.

## PLEASE CHECK IN AT THE GI LAB FRONT DESK ON THE 3RD FLOOR IN THE OUTPATIENT BUILDING-110 NW 31ST.

- Do **NOT** take any iron 5 days prior to your procedure
- Do **NOT** take Phentermine 7 days prior to your procedure
- Do **NOT** take GLP-1 medications (Trulicity, Victoza, Ozempic, Wegovy, Mounjaro, etc.) 7 days prior to your procedure
- If you take any blood thinners: Aspirin, Plavix (Clopidogrel), Coumadin (Warfarin), Pradaxa, Effient, Brilinta, Eliquis, or Xarelto please let our staff know. **Call or text 580.250.5200**

## THE DAY BEFORE YOUR COLONOSCOPY

- Follow a clear liquid diet for the day. Examples are broth, jello, popsicles, water, Sprite, ginger ale, tea, coffee, 7-up and clear juices. NO RED OR PURPLE DYES.

  **Do not have any solid foods until after your procedure.**
- At 6 PM drink the first dose of the cleansing solution.
- Pour one (1) 6 ounce bottle of SUPREP liquid into the mixing container, add cool drinking water to the 16 ounce line on the container and mix. Drink ALL the SUPREP mixture.
- Drink two (2) 16 ounce glasses of water over the next hour.
- At 10:00 PM, repeat the SUPREP mixture followed by (2) 16 ounce glasses of water.
- DO NOT HAVE ANYTHING TO DRINK AFTER MIDNIGHT, including mints, gum and tobacco products.
- NO DIP, CHEWING TOBACCO, CIGARS OR CIGARETTES.

Preps will all be finished by Midnight.

## THE DAY OF YOUR COLONOSCOPY

- If you are diabetic, you will need to adjust your medication dosage for the day. You will hold your oral medications the morning of your procedure.
- You may take your heart and blood pressure medication(s) with a small sip of water.
- Please complete and bring all paperwork you've been given, your insurance cards, and state issued ID.
- You will be sedated for your procedure and will need a driver to take you home. You will not be able to drive or work the rest of the day. We are not permitted to allow you to utilize taxis, Ubers, buses, or other forms of public transportation to take you home following your procedure.

## USE THIS PROCEDURE IF APPOINTMENT IS AFTER 11AM:

**SPLIT-PREP -** Start 1st half of prep at 6:00 PM. The 2nd half of the prep will be finished 6 hours prior to your procedure time.

## APPOINTMENT TIME:

**11:00/11:30 AM:** (All doctors except Bookman) Start 2nd half of prep at 3:00 AM, finish by 5:00 AM.

**12:00/12:30 PM:** Start 2nd half of prep at 4:00 AM, finish by 6:00 AM.

**1:00/1:30 PM:** Start 2nd half of prep at 5:00 AM, finish by 7:00 AM.

**2:00/2:30 PM:** Start 2nd half of prep at 6:00 AM, finish by 8:00 AM.

**3:00/3:30 PM:** Start 2nd half of prep at 7:00 AM, finish by 9:00 AM.

## DR. BOOKMAN PATIENTS:

- Dr. Bookman does not do split preps
- All preps will be completed by midnight

## IF YOU HAVE NOT HAD A BOWEL MOVEMENT BY 10PM THE DAY BEFORE YOUR PROCEDURE, PLEASE CONTACT THE HOSPITAL AND HAVE THEM PAGE YOUR DOCTOR 580.355.8620