

ONE-DAY

Colonoscopy Preparation with SUPREP



VALLEY
MEDICAL
CENTER

☐ ENDOSCOPY CENTER

17820 Talbot Rd S
Renton, WA 98055
425.690.3636

Park in lot at the center.

☐ ENDOSCOPY (HOSPITAL)

400 South 43rd St
Renton, WA 98055

*Park in South Tower Garage
(Parking G). On Level P-2, enter the
Special Procedure Care Unit (SPCU)
reception area and check in.*

APPOINTMENT DATE

CHECK IN TIME

Medications and Precautions

- ☐ No anti-inflammatories one day before procedure such as Advil (ibuprofen) or Aleve (naproxen)—**Tylenol (acetaminophen) is okay.**
- ☐ Low fiber diet, no multi-vitamins, iron, calcium supplements, seeds, or nuts for **7 days before procedure.**
- ☐ Continue heart and blood pressure medications and aspirin—**unless your doctor tells you to stop.**
- ☐ **Diabetes medicine—take 1/2 dose of insulin/oral diabetes medicine the evening before procedure. Hold insulin and/or oral diabetes medications the day of the procedure.**
- ☐ Hold blood thinners such as _____ for ____ days before procedure.
- ☐ Hold GLP-1 receptor agonists used for diabetes or weight loss, such as **semaglutide** (Ozempic, Rybelsus, Wegovy), **liraglutide** (Victoza, Saxenda), **dulaglutide** (Trulicity), **tirzepatide** (Mounjaro), or _____ as follows:
 - If you are on weekly dosing, your last dose must be a minimum of **one week** prior to procedure.
 - If you are on daily dosing, your last dose must be a minimum of **24 hours** prior to procedure.

! IMPORTANT: BECAUSE THIS IS A SEDATED PROCEDURE, YOU MUST HAVE A DRIVER TAKE YOU HOME.

Buy Prescription Item at the Pharmacy

☐ SUPREP BOWEL PREP KIT



ONE DAY BEFORE PROCEDURE

- 1. DRINK ONLY CLEAR LIQUIDS THE ENTIRE DAY; NO SOLID FOODS; NO MILK PRODUCTS OR NON-DAIRY CREAMER; NO ALCOHOLIC BEVERAGES.**

APPROVED

Beverages: tea, coffee, soda/carbonated beverages, fitness water, sports drinks

Fruit juices: apple, cran-apple, white grape, lemonade (no pulp)

Desserts: flavored Jell-O, popsicles without pulp

Bouillon: clear, fat-free bouillon **ONLY**

Misc: salt, sugar



AVOID

No RED or PURPLE colors

No solid food

No milk products or non-dairy creamer


No alcoholic beverages

No stock, broth, or soup (store bought or homemade)



ONE DAY BEFORE PROCEDURE (continued)

2. As a comfort measure, apply Vaseline, A&D ointment, or Desitin to the anal area before laxative use.

3.  At about 6 PM on the evening before your procedure, complete Steps 4 through 7.



4. Pour ONE 6 oz. bottle of **SUPREP** liquid into the mixing container.



5. Add cool drinking water to the 16 oz. line on the container and mix.



6. Drink **ALL** the liquid in the container.



7. You **MUST** drink TWO more 16 oz. containers of water over the next one hour.

DAY OF PROCEDURE

1. At _____ (6 hours before your scheduled procedure), repeat Steps 4 through 7 (above) using the other 6 oz. bottle of **SUPREP**.
2. It is normal to pass yellow/green liquid stool after the prep.
3. **CLEAR LIQUIDS ONLY UP TO 2 HOURS BEFORE YOUR PROCEDURE CHECK-IN TIME, THEN NOTHING BY MOUTH.**



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