

# ONE-DAY

# Colonoscopy Preparation with SUPREP



UW Medicine  
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

**Soup broth:** chicken, beef, vegetable

**Misc:** salt, sugar



#### AVOID

**No RED or PURPLE colors**

**No solid food**


**No milk products or non-dairy creamer**

**No alcoholic beverages**



## 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 TIME, THEN NOTHING BY MOUTH.**



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