

Please report to:

- _____ Northside Endoscopy Center
8424 Naab Road STE 3G
Indianapolis, In 46260
- _____ St. Vincent Hospital 86th St
Endoscopy Center
Entrance #1
2001 West 86th Street
Indianapolis, In 46260
- _____ St. Vincent Hospital Carmel
Digestive Health Center
Entrance #1
13500 North Meridian Street
Carmel, In 46032

PLEASE FILL ENCLOSED PRESCRIPTION FOR SUPREP AS SOON AS IT IS RECEIVED, AS IT HAS A LONG SHELF LIFE. IF NOT COVERED BY INSURANCE PLEASE CHECK WITH GOOD RX OR CALL OFFICE FOR ALTERNATIVE PREP

Prescription medications and when to discontinue before procedure. ***Please check with your prescribing physician before you stop your medication.***

Blood Thinners

STOP

- Coumadin/Warfarin 5 days
- Plavix/Clopidogrel 5 days
- Effient/Prasugrel 5 days
- Eliquis/Apixaban 3 days
- Brilinta/Ticargelol 3 days
- Savaysa/Edoxaban 3 days
- Xarelto/Rivaroxaban 2 days
- Pradaxa/Dabigatran 2 days
- Aspirin/Baby Aspirin/NSAID's Continue

Diabetic Medications

STOP

- Jardiance/Empagliflozin 3 days
- Farxiga/Dapagliflozin 3 days
- Invokana/Canagliflozin 3 days
- Brenzavvy/Bexagliflozin 3 days

Diabetic/Weight Loss Injectable/Oral Medications (GLP1/GIP)

- If taken daily: **STOP**
- Rybelsus/Semaglutide 1 day

Please check in at: _____

Your procedure is scheduled for: _____

If taken weekly:

STOP

- Byetta/Bydureon/Exanetide 1 week
- Mounjaro/Tirzepatide 1 week
- Saxenda/Victoza/Liraglutide 1 week
- Soliqua/Lixisenatide/Insulin glargine 1 week
- Trulicity/Dulaglutide 1 week
- Wegovy/Ozempic/Semaglutide 1 week
- Xultophy 1 week

Daily Medications

If you are taking a medication for pain, high blood pressure, seizures, asthma, thyroid disease, irregular heartbeat, or if you are taking prednisone, you may take these medications with a small sip of water, 4 hours prior to your procedure.

If you take iron pills, such as ferrous sulfate, polysaccharide iron complex, or a multi-vitamin with iron stop taking them **7 days** before the procedure.

If you use an inhaler on a regular basis, please use your inhaler the morning of the procedure and bring it with you.

If you have diabetes

You know your blood sugar levels better than anyone, please, check your glucose level often during your prep.

Proper preparation is vital for the examination, please follow our instruction and not the instructions on/in the laxative kit.

3 DAYS BEFORE YOUR PROCEDURE, STOP eating popcorn, corn, beans, nuts, fruits with small seeds, tomatoes, celery, potato skins and green salads.

THE DAY BEFORE YOUR PROCEDURE, please follow the attached low residue/clear liquid diet. On the day before your procedure, you are to consume nothing by mouth except what is listed on the clear liquid diet and low residual meal plan. Avoid all liquids and gelatin that contain red or orange artificial food coloring.



Upon starting the laxative solution, please have it completed within one hour for each step.

Step 1: Date: _____

At **5:00 pm - 6:00 pm**: Pour the contents of one bottle of SUPREP Bowel Prep Kit into the mixing container provided. Fill the container with water or ginger ale to the 16 ounce fill line and drink the entire amount. Within the same hour, drink two additional containers filled to the 16 ounce line with water.

THE DAY OF YOUR PROCEDURE

you may have clear liquids up to the end of step 2.

ONLY CLEAR LIQUIDS WITH PREP until

_____am.

Step 2: Date: _____

At _____am - _____am: Pour the contents of the second bottle of SUPREP Bowel Prep Kit into the mixing container provided. Fill the container with water or ginger ale to the 16 ounce fill line and drink the entire amount. Within the same hour, drink two additional containers filled to the 16 ounce line with water.

Please have nothing to eat, drink, smoke or chew after _____am.

After you finish the laxative solution, you are to have ABSOLUTLY NOTHING to eat, drink smoke, or chew 4 hours prior to your procedure time.

Your stool should be liquid. If your stool is still formed, please call 317.872.7396, between 8:30 am – 12 pm and 1 pm – 3:30 pm.

Your doctor has scheduled you for a colonoscopy. To have a successful colonoscopy your colon must be clear of any stool. This allows your doctor to see your entire colon. It is extremely important to follow these preparation instructions to clear your colon of any stool.

Failure to follow these instructions limits the value of this procedure and may result in your procedure being rescheduled.

If you need to cancel your procedure for the next day and it is after hours, please call 317.872.7396 and leave a voicemail.

If you need to reschedule, please call 317.872.7396 **during business hours** and choose the option for scheduling.

Thank you for choosing Northside Gastroenterology. We would like to welcome you to our practice and hope we exceed all your expectations.

Must read

- You **MUST** have an adult companion (family member or friend) to take you home. You are not allowed to drive or leave the facility alone. Public transportation by yourself (bus, taxi, Uber/Lyft) is not allowed.
- **Your procedure will be canceled if you do not have a responsible adult to take you home.**
- Please bring your photo ID, insurance cards, and forms included in your packet on the day of the procedure. If you have a living will or advanced directive, please bring a copy with you as well.
- If you have ostomy, please bring replacement supplies with you.
- You will be receiving IV (intravenous) sedation.
- The actual procedure will last approximately 30 minutes, but you must remain in the recovery area until you recover from sedation.
- Expect to be here for about 2-2 1/2 hours from **arrival** to discharge.
- Please do not bring any jewelry or other valuable items with you.
- A form of payment required to pay your deductible/co-pay. **We accept Visa, MasterCard, Discover, cash, and check.**
- **If you have any questions** concerning your procedure or the above instructions, please call 317.872.7396.

On the **day before** your procedure, please select one option for breakfast and lunch on the low residue meal planner, along with items from the clear liquid diet.

Clear Liquid Diet

You may have these items all day the day prior and up until the end of the second dose of laxatives!

Water

NO RED, ORANGE, OR PURPLE DYES

Apple juice

100% Cranberry juice (ok because it is naturally red)

White grape juice

Propel fitness water (any flavor) Gatorade (clear or lemon lime)

Any flavor water packet

7 Up/Sprite/Starry

99% fat free chicken or beef broth (canned) **NO** bouillon cubes

Jell-O (**NO** red or orange)

Popsicles (**NO** red or orange)

Black coffee **NO MILK or CREAMER**

Tea, Soda, Diet soda (OK even if dark in color)

NO ALCOHOL

*Limit your caffeine intake as it can cause dehydration.

Low Residue Diet

The day before your procedure **ONLY!**

**CHOOSE ONE OPTION FOR EACH MEAL
IF A FOOD IS NOT ON THE LIST BELOW, DO NOT EAT IT**

Breakfast	<ol style="list-style-type: none"> 1. 2 eggs (fried, over easy, scrambled or boiled) and 2 slices white bread with butter or jelly 2. 1 plain bagel with butter, cream cheese OR jelly 3. 1 cup yogurt (no seeds, berries or nuts) and 1 banana
Lunch	<ol style="list-style-type: none"> 1. 1 plain chicken or turkey lunchmeat sandwich on white bread with condiments only, no lettuce, tomato, etc. 2. 1 cup macaroni and cheese 3. baked potato with butter and/or sour cream NOTE: Do NOT include potato skin. 4. 1 chicken breast (pan fried or baked) and 1 cup cottage cheese 5. 5 chicken tenders OR 10 chicken nuggets with condiments
Dinner	<ol style="list-style-type: none"> 1. Start the bowel prep as instructed. 2. Follow the clear liquid diet above. 3. <u>Please do not eat any solid foods after 2 pm.</u>