



Sawgrass Surgical Center  
180 Sawgrass Drive, Suite 100  
Rochester, NY 14620

## DIVISION OF COLORECTAL SURGERY

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### Suprep Instructions

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Physician: \_\_\_\_\_

**IMPORTANT** - Please read these instructions at least 2 WEEKS before your colonoscopy.


Failure to follow these instructions may lead to cancellation of your procedure.

If you have any questions, please call: 585-273-2727 (Mon-Fri 8:30 am – 4:00 pm)

**\*Your time is subject to change, please be as flexible as possible.**

- \* If you have a **Pacemaker, Pacemaker/Defibrillator, Chronic Constipation, or are on Dialysis** you must call the office for additional instructions 585-273-2727.
- \* You must have a **COVID-19 test completed no earlier than 5 days and no later than 4 days prior to your colonoscopy.** Please go to any UPMC Pre-Procedure Covid-19 Testing Sites from the list provided
  - o Recommended location: 158 Sawgrass Dr, Rochester NY 14620; Phone: 585-256-0473
- \* The Sawgrass Surgical Center will call you the business day prior to let you know the exact time of arrival.
- \* You must follow the prep instructions **EXACTLY** as they are written. This allows the Doctor to perform your colonoscopy properly and safely.
- \* You must have an adult to drive you home from your colonoscopy. If you plan to take the bus or cab, you must have an adult ride with you. You cannot drive or work until the following day.
- \* Preparation Medications that must be purchased:  
**-Suprep Bowel prep kit from pharmacy (needs prescription)**

## Medications

- \* **Blood thinners**- Such as Coumadin® (Warfarin), Plavix® (Clopidogrel), Ticlid® (Ticlopidine Hydrochloride), Agrylin® (Anagrelide), Eliquis® (Apixaban) or Aspirin. These medications must be **stopped**  3-5 days prior to your

colonoscopy. **You MUST call the Doctor who ordered this medication to be sure this is possible.**

- \* **Do not take any Nonsteroidal Anti-inflammatory Drugs (NSAIDS)** 5 days before your procedure: Ibuprofen, Motrin, Aspirin, or Ketorolac.
- \* **Diabetic Patients**

**Pills:** Take ½ of your usual dose the day before and hold on the morning of your procedure.

**Insulin:** **Stop** your **Regular insulin** the day before and day of your procedure.

**Continue** your normal dose of **Long Acting insulin** the day before and day of your procedure.

**Insulin Pumps:** Dosage will depend on recommendation of the Doctor who orders this medication for you.

***Test your blood glucose often!***

## Preparing for your Colonoscopy

### **5 Days Before the Colonoscopy:**

- Do Not take bulk-forming agents such as Metamucil, Citrucel, Benefiber, etc.
- Do Not take iron-containing medications (such as multi-vitamins containing iron.)

### **2 Days Before the Colonoscopy:**

- Do Not eat peas, beans, corn, popcorn, nuts, seeds (sesame, poppy), multi-grain bread, salads, cheese or high fiber foods.

### **One Day before your Colonoscopy:**

- \* **No Solid Foods, the ENTIRE DAY BEFORE your colonoscopy.**
- \* **You will be on a Clear Liquid Diet the ENTIRE DAY BEFORE your colonoscopy**
  - *please see list on next page*

### **When to Begin Prep**


**First Dose:** Begin steps 1-4 **at 4:00pm the evening before your procedure.**

1. Pour (1) 6-ounce bottle of SUPREP liquid into the mixing container provided for you in the kit.
2. Add cool drinking water to the 16-ounce line on the container and mix.
3. Drink all the liquid in the container.
4. **IMPORTANT:** You MUST drink two (2) more 16-ounce containers of water over the next hour. (8-ounces every 15 mins.)

### **Day of the Procedure**

**Begin Second Dose:** 3 hours prior to your arrival time.

For this dose, repeat steps 1 through 4, shown to the left using the other 6-ounce bottle of SUPREP.

 You may continue to have clear liquids up until 2 hours prior to your procedure.

## Clear Liquid Diet

### YOU CAN HAVE:

- Clear Soda (Ginger Ale, Sprite, 7-up)
- Gatorade / PowerAde® (**NO RED or PURPLE**)
- Chicken / Beef Broth (Without food particles)
- Jell-O® (**NO RED OR PURPLE**)
- Popsicles (**NO RED OR PURPLE**)
- Lemonade (**NO Pulp**)
- Kool-Aid (**NO RED OR PURPLE**)
- Vitamin Water (**NO RED OR PURPLE**)
- Clear Juice (Apple, White Cranberry, White-Grape)
- Black Coffee / Tea (Sugar okay, **NO Milk or Creamer**)

### YOU CANNOT HAVE:

- Red, Green or Dark Soda
- Grape, Grapefruit, or Orange Juice
- Cream Soups
- Alcohol
- Fudgesicles
- Fruit Juice with Pulp
- Yogurt or Pudding
- Milk or Milk Products
- Solid Foods

### **IMPORTANT:**

- \* Failure to follow these instructions may lead to cancellation of your procedure.
- \* A Colonoscopy is generally a safe procedure; there is a small chance of developing complications that may not be identified for up to one week or later.
- \* Please do not plan on traveling for at least 48 hours following your Colonoscopy.
- \* A copy of your Colonoscopy report will be sent to your primary care or referring physician.

### **HELPFUL HINTS**

- \* Remove and leave ALL jewelry at home.
- \* Leave all valuables at home.
- \* Bring your photo ID and insurance card.
- \* Plan on being at the Surgery Center for at least 90 minutes. Although your physician tries their best to stay on time, sometimes issues do arise resulting in a delay of your start time. We appreciate your flexibility and will do our best to avoid any delays.
- \* A nurse will call you to review your health history and medications prior to the procedure
- \* Flushable moist wipes can help with soreness from frequent bowel movements
- \* We strongly encourage your ride to remain on site for the length of your procedure so they are able to speak with the provider performing the procedure.



**Location for your procedure:**

***URMC Surgery Center***

**180 Sawgrass Drive**

**Suite 100 (1<sup>st</sup> Floor)**

**Rochester, NY 14620**

**585-242-1401**

**Coming from the North**

Take interstate 390 **South** to (exit 16B) route NY-15A/East Henrietta Road, turn **Left** onto East Henrietta Road. Turn **Right** onto Westfall Road. Turn **Right** at the traffic light onto Sawgrass Drive and continue around the circle, we are on the **Left**.

**Coming from the South**

Take interstate 390 **North** to (exit 16) route NY-15A/East Henrietta Road, turn **Right** onto East Henrietta Road. Turn **Right** onto Westfall Road. Turn **Right** at the traffic light onto Sawgrass Drive and continue around the circle, we are on the **Left**.

**Coming from the East**

Take interstate 90 **West** to (exit 46) interstate 390 **North**; exit 390 North at (exit 16) route NY-15A/East Henrietta Road. Turn **Right** onto East Henrietta Road. Turn **Right** onto Westfall Road. Turn **Right** at the traffic light onto Sawgrass Drive and continue around the circle, we are on the **Left**.

**Coming from the West**

Take interstate 90 **East** to (exit 46) interstate 390 **North**; (exit 16) route NY-15A/East Henrietta Road. Turn **Right** onto East Henrietta Road. Turn **Right** onto Westfall Road. Turn **Right** at the traffic light onto Sawgrass Drive and continue around the circle, we are on the **Left**.