



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 (1st 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**.