

# LOW-VOLUME BOWEL PREPARATION:

Clenpiq®, Suprep®, Suflave®, Sutab®, Plenvue®

A standard colon prep typically involves drinking 4 liters of solution. However, with a low-volume prep, you'll use a smaller amount to effectively cleanse your bowels.

## GENERAL INFORMATION

- Bring your photo ID, insurance cards and co-payment, if required.
- Wear comfortable clothing. Do not wear jewelry or bring valuables.
- **Transportation:** You need a licensed driver who is 18+ years old to be with you. They cannot leave the premises. You cannot use Taxi, Uber, or other services, and you cannot drive yourself.

## PLEASE LET US KNOW... MEDICAL CONDITIONS OR MEDICATIONS



Notify your physician or nurse if you:

- Have any of the following allergies: Latex, Propofol, Egg, Soy.
- Are using blood thinners (e.g. Coumadin, Pradaxa, Xarelto, Eliquis, Arixtra, Plavix, Effient).
- Are receiving oxygen therapy or have sleep apnea.
- If you have recent changes to your health, ER or physician visits.
- If you have asthma (If you use an inhaler, bring it with you to the procedure)
- Are taking any weight loss medications e.g. phentermine (Adipex-P, Lomaira) or Qsymia. These medications must be stopped 1 week prior to your procedure. Our staff will tell you exactly when to stop your medication. Your procedure may be canceled if policies are not followed. This is for your safety
- Are taking any of the following medications (GLP-1 medications)  
Ozempic, Wegovy, Rybelsus (Semaglutide), Saxenda, Victoza (Liraglutide), Mounjaro, Zepbound (Tirzepatide), Byetta (Exenatide), Trulicity (Dulaglutide)

Do not stop any prescription medications unless instructed to do so. Call us if you have any questions.

## TIPS TO MAKE THE PREP EASIER

- To minimize rectal irritation, you may use Desitin, Anusol, Tucks pads or Vaseline to coat the area.
- You may drink the prep solution with a straw or hold your nose when drinking.
- If you feel nauseous or vomit the prep, you should take a break and then continue drinking the prep slowly once you feel better.

## THE WEEK LEADING UP TO YOUR PROCEDURE... Plan ahead



**7 DAYS BEFORE THE PROCEDURE:** Make sure you have your bowel prep kit, Dulcolax (bisacodyl) tablets and anti-nausea medication.

### YOUR PHARMACY

Pick up the following supplies:

- Your prep from the pharmacy and any anti-nausea medications (Zofran, Reglan), if desired.
- Over-the-counter laxative tablets: Dulcolax (bisacodyl)
- If desired: over-the-counter items to relieve rectal irritation.

### MAIL-ORDER PHARMACY

Expect your prep to be mailed in 4-7 days:

#### Package includes

- your specific prep
- anti-nausea medication (Zofran, Reglan)
- Dulcolax (bisacodyl) laxative tablets.



Stop taking any pills containing iron until after your procedure.  
Stop taking any Phentermine product until after your procedure.



## 5 DAYS BEFORE THE PROCEDURE

Adjust your diet as follows:



Stop eating high fiber foods including seeds, quinoa, nuts, beans, corn / popcorn, raw fruits, raw vegetables, bran.

Review the instructions for what to expect and tips on how to make the prep easier



## 1 DAY BEFORE THE PROCEDURE (Read very carefully)

**IMPORTANT: You MUST be on a clear liquid diet for the entire day before your procedure. DO NOT FOLLOW FOOD INSTRUCTIONS ON THE PREP BOX**

### CONSUME CLEAR LIQUIDS ONLY

After waking up, you should drink clear liquids throughout the day to avoid dehydration.

### ALLOWED#

- Water, apple juice, white grape and white cranberry juice, broth, tea, coffee (without milk, creamer or substitutes)
- Jell-O, Italian ices, popsicles, sodas, Kool-Aid, Gatorade

# Fluids cannot be red or purple-colored or contain pulp.

### NOT ALLOWED

- **NO SOLID FOOD, alcohol or marijuana.**
- No red or purple-colored liquids or products
- No Milk, cream or non-dairy substitutes (such as artificial creamer, soy or nut milks)
- No juices containing pulp (frozen or regular)



# TAKING YOUR PREP

Remember: You have been on a clear liquid diet all day.  
Expect to have frequent bowel movements and diarrhea within 1-4 hours.  
For some, it can take longer. Be patient and remain near the restroom.  
Expect to pass clear or yellow fluid at the completion of your prep.

**DIABETIC PATIENTS ONLY:** Inform your nurse or provider if you are a diabetic. The day BEFORE the procedure \_\_\_\_\_, adjust your medication regimen as follows:

- Morning of \_\_\_\_\_, take your NORMAL insulin and/or oral medication.
- Evening of \_\_\_\_\_, take half your evening insulin dose. DO NOT take any oral diabetic medication(s).
- Day of Procedure \_\_\_\_\_, DO NOT take ANY diabetic medications until after the procedure.

## STEP 1: Take a laxative at 4 pm

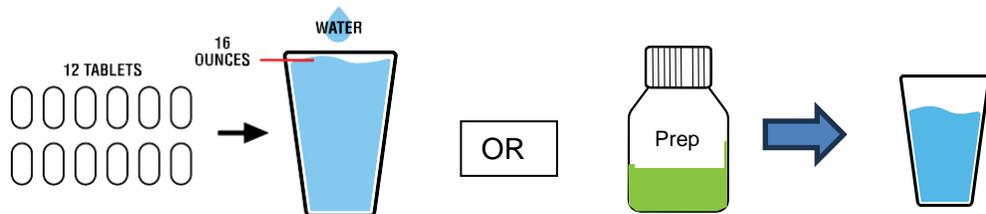
Take 2 bisacodyl (5 mg) laxative tablets with an 8 oz. glass of water or clear liquid.

At 5:30PM, If you choose to, you can take one tablet of the anti-nausea medication (Zofran, Reglan) 30 minutes before drinking the prep.



## STEP 2: Drink prep – first dose. Start at 6 pm:

Follow the mixing directions on your prep box.  
You will drink either a solution or swallow tablets.



## THE DAY OF THE PROCEDURE

**STEP 3: Drink prep- second dose. Start 6 hours before your scheduled procedure time.**

Follow the mixing directions on your prep box. If you choose to, you can take one tablet of the anti-nausea medication (Zofran, Reglan) 30 minutes before drinking the prep.

You must consume your prep 6 hours before your procedure time.

Do not consume anything by mouth within 4 hours of your procedure time. This includes gum or candy. However, it is OK to take your necessary medications with a small sip of water. Plan to be at the endoscopy unit at your arrival time. We may call you to arrive early, if openings exist.

