

# SuPrep Instructions

## Nuvance Health Medical Practice Gastroenterology

**Blood thinners:** (If applicable) Please contact your prescribing physician two weeks before your procedure to ask how long you can be off your blood thinner medication(s) before your procedure.

**Insulin dependent diabetics:** (If applicable) Please contact your prescribing physician two weeks before your procedure for direction on insulin dosing for the procedure.

**If you're on certain medications called GLP-1 agonists, you will follow the below instructions for your procedure. GLP-1 agonists include:**

- **Dulaglutide (Trulicity)**
- **Exenatide extended release (Bydureon bcise)**
- **Exenatide (Byetta)**
- **Semaglutide (Ozempic, Rybelsus, Wegovy)**
- **Liraglutide (Victoza, Saxenda)**
- **Tirzepatide (Mounjaro, Zepbound)**

**GLP-1 Agonists:** (If applicable) Patients taking GLP-1 agonists daily – Hold on the day of the procedure. Patients taking GLP-1 agonists weekly – Hold for 1 week prior to the procedure.

**Please follow a low-residue diet for 3 days prior to your procedure. Please avoid raw fruits and vegetables, as well as whole grains, nuts, and seeds.**

## Day before the procedure:

- **Drink clear liquids ONLY.** (The more you drink, the better the prep will be) **NO FOOD**
  - **Examples of clear liquids:** Powerade, Gatorade, bouillon, broth, consommé, black tea, black coffee, apple juice, white grape juice, white cranberry juice, Crystal Light, water, Italian ice, popsicles, sorbet, or Jello. **Nothing red or purple. No milk or cream.**

## Beginning at 6 pm:

- **STEP 1:** Pour one (1) 6-oz. bottle of SUPREP liquid into mixing container provided in the kit. Add cold water to the 16oz. line on the container and mix. Drink **ALL** the liquid in the container.
- **STEP 2:** You **MUST** drink at least 32 oz. of water or clear liquid over the next hour.

## Day of procedure:

### Beginning 5 hours before the procedure:

- **STEP 1:** Pour one (1) 6-oz. bottle of SUPREP liquid into mixing container provided in the kit. Add cold water to the 16oz. line on the container and mix. Drink **ALL** the liquid in the container.
- **STEP 2:** You **MUST** drink at least 32 oz. of water or clear liquid over the next hour.
- **DO NOT** take diabetic pills or diuretics (water pills) the morning of the procedure.
- Nothing by mouth 2 hours before arrival.

**You will need a responsible driver (18 years of age or older) to drive you home. No UBER or LYFT. You will not be allowed to drive yourself home.**

**Expect to be here for 90 minutes to 2 hours.**

# Nuvance Health Medical Practice Gastroenterology Locations

## Connecticut

- **Duracell Center for Ambulatory Surgery at Danbury Hospital**  
24 Hospital Avenue, 4<sup>th</sup> Floor Strook, Danbury, CT (203) 739-7038
- **Frank J. Kelly Medical Arts Center**  
111 Osborne Street, 2<sup>nd</sup> Floor, Danbury, CT (203) 739-7038
- **Danbury Surgical Center**  
73 Sandpit Road, Danbury CT (203) 739-7038
- **New Milford Hospital**  
21 Elm St. 2<sup>nd</sup> Floor, New Milford, CT (203) 739-7038
- **Norwalk Surgical Center**  
40 Cross Street, Unit 120, Norwalk, CT (203) 852-2278
- **Norwalk Hospital GI Lab,**  
34 Maple Street, 5<sup>th</sup> Floor, Norwalk, CT 06850 (203) 852-2278

## New York

- **Putnam Hospital**  
670 Stoneleigh Avenue, Carmel, NY (845) 876-3003
- **Fishkill Asc.**  
200 Westage Business Center Drive, Bldg C, 3<sup>rd</sup> floor, Suite 330 Fishkill, NY 12524  
(845) 876-3003
- **Vassar Brother's Medical Center**  
45 Reade Place Poughkeepsie, NY 12601 (845) 876-3003
- **Northern Dutchess Hospital**  
6511 Springbrook Avenue Rhinebeck, NY 12572 (845) 876-3003