



Patient \_\_\_\_\_ Doctor \_\_\_\_\_

Location \_\_\_\_\_ Arrival Time \_\_\_\_\_ AM PM

Date of Procedure \_\_\_\_\_

***Do not follow the directions on the SUPREP box!***

**MEDICATION:**

If you normally take the following medications, please contact the prescribing physician to make sure it is okay to stop them for the recommended number of days.\* If your prescribing doctor says that it is not okay to stop, please contact our office. **Do not stop aspirin for the procedure.**

**MEDICATION:**

**Recommended Days To Stop Prior to Procedure\***

• Phentermine	14 days
• Semaglutide- (Ozempic, Wegovy, Rybelsus) • Dulaglutide- (Trulicity) • Exenatide Injection- (Bydureon, Byetta) • Tirzepatide- (Mounjaro, Zepbound)	7 days
• Coumadin • Plavix • Effient • Brilinta	5 days
• Xarelto • Eliquis	2 days
• Liraglutide- (Victoza, Saxenda) • Exenatide Oral- (Bydureon, Byetta)	Stop taking the morning of











**FOUR (4) DAYS BEFORE PROCEDURE:**

Discontinue eating any corn or tomatoes, potato chips, nuts, popcorn, or any fruit/vegetable with small seeds in it. Also avoid iron tablets (unless advised by a physician) and oil-based supplements (fish oil, etc.).

**ONE (1) DAY BEFORE PROCEDURE:**

Start clear liquid diet all day such as broth or bouillon, Jell-O (except red or purple), coffee (black or with sugar, but no creamers, even non-dairy creamers), tea, \*\*clear fruit juice without pulp such as white grape or apple juice and clear soda (Sprite, 7-Up, ginger ale, etc.\*\*). You may also have Gatorade, popsicles (except red or purple) and lemonade without pulp. No milk or milk products. This includes SlimFast, Ensure and protein drinks. Please make sure you drink plenty of clear liquids throughout the day.

Your physician has recommended a **SUPREP** split dose (two-day) regimen. Both 6-ounce bottles are required for a complete prep. On the evening before your procedure at **6:00 pm**, complete steps 1 through 4 using one (1) 6-ounce bottle before going to bed.

 <p><b>6:00 PM</b></p>	 →  <p>Step 1: Pour one (1) 6-ounce bottle of <b>SUPREP</b> liquid into the mixing container.</p>	 →  <p>Step 2: Add cool drinking water or another clear liquid of your choice (see above listing of clear liquid choices**) to the 16-ounce line on the container and mix.</p>
	  <p>Step 3: Drink all of the liquid in the container at 6:00 pm.</p>	   <p>Step 4: You must drink two (2) more 16-ounce containers of water over the next hour.</p>

**ON THE MORNING OF YOUR PROCEDURE:**

**Six (6) HOURS PRIOR TO PROCEDURE TIME:** Repeat steps 1 through 4 using the other 6-ounce bottle. You must finish drinking the final glass of water at least 4 hours, or as directed, before your procedure time. **Please Note: Depending on your procedure time, taking the second dose of SUPREP may involve getting up in the middle of the night.**

**DO NOT EAT OR DRINK ANYTHING ELSE AFTER FINISHING THE FINAL GLASS OF WATER. NO GUM/MINTS/HARD CANDIES/ICE ON THE DAY OF YOUR PROCEDURE.** If you take blood pressure medication, you can take it the morning of your procedure with a sip of water.

**Someone at least 18 years of age or older must bring you to the procedure, remain at the facility during your procedure and take you home afterwards. Otherwise, your procedure will be canceled. If you have any questions, please call 704-377-4009.**