

SUPREP PREPARATION

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15205 Cortez Blvd. Brooksville, FL. 34613

Procedure date _____	Arrival time _____	Doctor's office phone (352) 597-7744 Option #2
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1. Taking Your Prep (Split Dose)

Dose 1 — The Day Before _____

- Pour the contents of one bottle of SUPREP into the mixing container. Add cool drinking water to the 16 oz fill line and stir well.

Starting at _____ PM, drink the entire 16 oz mixture.

- Then drink two more containers filled with water to the 16 oz fill line over the next hour (32 oz of water total).

Dose 2 — The Morning Of

Wake up at _____ AM (6 hours before your procedure).

- Pour the contents of the second bottle of SUPREP into the mixing container. Add water to the 16 oz fill line, stir well, and drink the entire mixture.
- Then drink two more containers filled with water to the 16 oz fill line over the next hour (32 oz of water total).

STOP ALL LIQUIDS AT LEAST 3 HOURS BEFORE PROCEDURE

Helpful Tips

- **Do NOT** eat solid food once you start the prep, and do not take other laxatives while using SUPREP.
- Stay near a bathroom — the prep usually starts working within 30–60 minutes.
- You're done prepping once your stool is clear or light yellow.
- Drinking the solution chilled or through a straw may help with the taste. If you feel nauseated, take a short break, then resume drinking.

2. Blood Thinners

Do not stop any blood thinner on your own. Your Doctor's office will provide instruction on what to do.

3. GLP-1 Medications (Weight Loss / Diabetes Injections)

STOP: semaglutide (Ozempic, Wegovy, Rybelsus), tirzepatide (Mounjaro, Zepbound), dulaglutide (Trulicity), liraglutide (Victoza, Saxenda), exenatide (Byetta, Bydureon).

These medications slow stomach emptying, which can affect your prep and raise the risk of food remaining in your stomach during sedation.

4. Other Medications

- Diabetes pills (metformin, glipizide, etc.): ask your doctor — many are held the morning of the procedure.
- Insulin: take 1/3 of your insulin the day prior and NO insulin the morning of the procedure.
- DO NOT STOP: blood pressure, heart, anxiety, seizure, or thyroid medications.
- Iron supplements: stop 5–7 days before — iron can make it harder to see inside your colon.

When to Call Your Doctor's Office

Call if:

- You can't keep the prep down or are vomiting repeatedly
- You have severe belly pain or bloating
- You're unsure about stopping/continuing any medication
- Your stool hasn't become clear or light yellow after finishing the prep
- You have any other questions or concerns