

SUPREP (THE SHORT STORY)

ONE WEEK BEFORE THE PROCEDURE

- Arrange transportation for your procedure from an **ADULT DRIVER THAT YOU KNOW**. This cannot be a taxi or rideshare.
- Stop taking **IRON, CHARCOAL, and PEPTO BISMOL**.
- If you take **BLOOD THINNERS**, contact your prescribing doctor for instructions on dosing management.
- If you use **WEIGHT LOSS or DIABETES MEDICATIONS** called **GLP-1 AGONISTS** (including Ozempic, Wegovy, Mounjaro, and Zepbound), please read the **LONG STORY** carefully on how the medications will need to be adjusted. In brief, daily dosed medications will need to be skipped on the day of the procedure and weekly dosed medications will need to be skipped for at least 7 days before the procedure.

THREE DAYS BEFORE THE PROCEDURE

- **Go to the pharmacy and grocery store to pick up:**
 - Preparation solution
 - Clear liquids and low residue foods for the days before the procedure
 - Baby wipes with aloe and/or diaper rash cream
- **Stop eating any high residue foods (ex. popcorn, seeds, nuts, raw fruits and vegetables) — nothing that can crunch in your mouth!**

DAY BEFORE THE PROCEDURE

- **BREAKFAST AND LUNCH** = you may have white food with close to zero fiber (ex. cheese, egg, vanilla yogurt, white bread, chicken) before 2 p.m..
- **DINNER** = you may have clear liquids only (ex. broth, jello, juice, soda, popsicles) after 2 p.m.. **No red or purple liquids!**
- **6:00 P.M.**
 - Pour one of the 6 oz. bottles of Suprep liquid into the mixing container.
 - Add a clear liquid beverage up to the 16 oz. line on the container and mix together.
 - Drink all of the mixed solution in the container.

- Drink two 16 oz. containers of clear liquid beverage over the hour following completion of the prep solution.
- **EVENING** = drink at least 8 oz. of fluid each hour you are awake.

MORNING OF YOUR PROCEDURE

- **4 hours before you plan on leaving for your procedure:**
 - Pour the second 6 oz. bottle of Suprep liquid into the mixing container.
 - Add a clear liquid beverage up to the 16 oz. line on the container and mix together.
 - Drink all of the mixed solution in the container.
 - Then drink two more 16 oz. containers of clear liquid.
- **You MUST FINISH the final glass of clear liquid AT LEAST THREE HOURS BEFORE YOUR PROCEDURE!**
 - 3 hours before your scheduled procedure time:
 - Absolutely nothing more to eat or drink!
 - If you take medications for **HIGH BLOOD PRESSURE, IRREGULAR HEART BEAT, SEIZURES, ASTHMA, THYROID, or PREDNISONE:**
 - Please take your medication with a sip of water the morning of your procedure.
 - 40 minutes before your scheduled procedure time:
 - Check in at **40 Skokie Boulevard in Northbrook, Suite 110** or **950 Technology Way, Suite 250 in Libertyville.**

IF YOU HAVE ANY FURTHER QUESTIONS
OR NEED MORE DETAILS, PLEASE REFERENCE
THE "**LONG STORY**".



COMPREHENSIVE
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