

# 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.
  - **Daily medications:** Skip the dose on the day of your procedure
  - **Weekly medications:** Skip the dose for at least 7 days before your procedure
  - You must drink **CLEAR LIQUIDS ONLY** for the 24 hours before your procedure time.

## THREE DAYS BEFORE THE PROCEDURE

- Go to the pharmacy and grocery store to pick up:
  - Preparation solution
    - Simethicone (liquid only — adult or infant formulation)
  - 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..
- **AFTER 2 P.M.** = you may have clear liquids only (ex. broth, jello, juice, soda, popsicles). 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.
- Continue to 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:**
  - Drink 200 mg of Simethicone (see LONG STORY for dosing details)
  - 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 HEARTBEAT, 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:**
  - Confirm your assigned procedure location (listed in your reminder texts and patient portal).
  - Check in at your assigned location (Northbrook or Libertyville).

If your procedure is scheduled for **12:00 PM or later**, you must also read "**INSTRUCTIONS FOR AFTERNOON PROCEDURES**" for adjusted timing. For additional questions, read the "**LONG STORY**."



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