

# Suprep

## Bowel Preparation

| General Instructions         |   |
|------------------------------|---|
| 2 Weeks Before the Procedure |   |
| Foods                        | No change   |
| Liquids                      | Drink plenty of water   |
| Medications                  | <p>Hold - GLP1 Agonist Medication:</p> <ul style="list-style-type: none"> <li>• Dulaglutide (Trulicity)</li> <li>• Exenatide (Byetta)</li> <li>• Exenatide Extended Release (Bydureon BCise)</li> <li>• Liraglutide (Victoza)</li> <li>• Lixisenatide (Adlyxin)</li> <li>• Semaglutide (Ozempic, Wegovy, Rybelsus)</li> <li>• Tirzepatide (Mounjaro)</li> </ul> |



## 1 Week Before the Procedure

### Foods

No Nuts or Seeds - berries, cashews, corn nuts, peanuts, pecans, popcorn, walnuts

Low Fiber Diet

- Foods - white bread, cheese, eggs, yogurt
- Soups - clear vegetable, chicken or beef broth
- Vegetables - cooked without skin like mashed potatoes
- Fruits - pureed fruits without skin like applesauce

### Liquids

Drink plenty of water

### Medications

- Take as usual unless otherwise instructed
- Hold - Anti-Diarrheal Medication - Imodium, Kaopectate, Pepto-Bismol
- Hold - Iron Tablets
- Hold - Multivitamins
- Pharmacy
  - Fill or buy preparation medication
  - Pick up 3 days before your procedure



## 1 Day Before the Procedure

### Foods

- Clear Liquid Diet
- Soups - clear vegetable, chicken or beef broth
- Juices - clear only without pulp

### Liquids

- Drink plenty of water
- No alcohol
- No red or purple colored drinks

### Medications

- Hold - Oral Diabetes Medication
- Insulin - Take ½ the dose the entire day
- Blood Pressure Medication - The pre-anesthesia team (PAT) will instruct you on how to take your blood pressure medications.
- All other medications - continue as normal

## Procedure Day

### Foods

No food or liquids the day of the procedure



# Medication Instruction

## Attention

**Expected  
Symptoms**  
Do not stop the  
bowel  
preparation

- Abdominal Pain
- Bloating
- Cramps
- Diarrhea
- Gas
- Nausea

## First Dosage → 4pm – 5:30pm

**Step 1**  
4pm – 4:30pm

- Mix first 6 ounce bottle of Suprep & 10 ounces of water into the provided container
- Drink 16 ounces of solution

**Step 2**  
4:30pm – 5pm

Drink 16 ounces of water

**Step 3**  
5pm - 5:30pm

Drink 16 ounces of water



## Second Dosage → 10pm – 11:30pm

**Step 1**  
10pm – 10:30pm

- Mix second 6 ounce bottle of Suprep & 10 ounces of water into the provided container
- Drink 16 ounces of solution

**Step 2**  
10:30pm – 11pm

Drink 16 ounces of water

**Step 3**  
11pm - 11:30pm

Drink 16 ounces of water

## 12am

**Foods**

No food or liquids after midnight