



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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We will send the prescription to your pharmacy and they will call when it is ready

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 **4 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).

Complete all SUPREP solution and water, and stop all liquids, at least **3 hours** before your procedure.

Helpful Tips

- 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.

These are general guidelines only — your doctor will tell you exactly what to do for your situation.

Medication	What To Do
Aspirin (81 or 325 mg)	Heart, stent, or stroke prevention: keep taking it.
Clopidogrel (Plavix)	STOP 5 days before • Stent in last 12 months: don't stop without your cardiologist.
Prasugrel (Effient)	Stop 7 days before. • Recent stent: don't stop without your cardiologist's approval.
Ticagrelor (Brilinta)	Stop 5 days before. • Recent stent: don't stop without your cardiologist's approval.
Warfarin (Coumadin)	Diagnostic/biopsy only: may continue. • Polyp removal expected: stop 5 days before (INR may be checked the day before). • Resume evening of/day after unless told otherwise; bridging usually not needed.

Apixaban (Eliquis)	Stop 2 days before
Rivaroxaban (Xarelto)	Stop 2 days before
Dabigatran (Pradaxa)	Stop 2 days before
Enoxaparin (Lovenox) injections	Stop 24 hours before (skip dose the day before). • Resume the day after unless told otherwise.

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

STOP THE DOSE PRIOR TO PROCEDURE: 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.): Hold the medication the day prior and 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

Questions about your prep? Call our office at (352) 597-7744.