



GastroDoxs
— defenders of the digestive system —

Suprep Bowel Preparation

General Instructions	
2 Weeks Before the Procedure	
Foods	No change
Liquids	Drink plenty of water
Medications	Hold - GLP1 Agonist Medication: • Dulaglutide (Trulicity) • Exenatide (Byetta) • Exenatide Extended Release (Bydureon BCise) • Liraglutide (Victoza) • Lixisenatide (Adlyxin) • Semaglutide (Ozempic, Wegovy, Rybelsus) • Tirzepatide (Mounjaro)

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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



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Medication Instructions	
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

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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

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