



TRINITY MEDICAL MULTI-SPECIALTY GROUP

SUPREP BOWEL PREP



WHEN YOU PURCHASE THE SUPREP PRESCRIPTION-- DISREGARD THE INSTRUCTIONS IN THE BOX AND FOLLOW THESE INSTRUCTIONS ONLY! You should have picked up the prep from your pharmacy directly following your initial clinic visit.

You are scheduled for a colonoscopy on:

TIME: You will receive a call from the Surgery Center 3-6 days prior to your appointment with your arrival time.

You are scheduled for the day listed above, so please be sure to follow your preparation and all of the instructions detailed below. If you have access to your patient portal, the time you see listed on the schedule is NOT your scheduled time.

ARRANGE FOR A DRIVER: YOU WILL NEED A RESPONSIBLE ADULT TO DRIVE YOU HOME AFTER YOUR PROCEDURE. You will not be allowed to drive yourself home due to the sedation that you will be given. Small children are not allowed in the surgery center waiting room and drivers will be asked to wait in their car.

If you find it necessary to change or cancel your appointment, you must do this at least 7 working days prior to your appointment or you will be charged a **\$200** cancellation fee. Please call our office Monday – Friday, 8AM to 5PM at 951-517-0906 if you need to change or cancel your appointment. Follow the prompts for First Surgery Center scheduling.

Your procedure will be performed at:

First Surgery Center
31625 De Portola Rd. Suite #102
Temecula, CA 92592

Other: _____

Phone: (951) 517-0906

THE ITEMS THAT YOU NEED TO PURCHASE AT LEAST 72 HOURS PRIOR TO YOUR PROCEDURE:

- **SUPREP (This is a prescription that has been sent to your pharmacy) This is a split-dose regimen. You are required to complete both bottles.**
- **CLEAR LIQUIDS (SEE SUGGESTIONS BELOW)**

Clear Liquids you are allowed to have:

*****NO DAIRY*****

Water
Broth (Chicken, Vegetable or Bone)
7up, Ginger ale, Sprite
Coffee & Tea (No cream)

*****NOTHING RED OR PURPLE*****

Apple Juice or **WHITE** grape juice
Popsicles (No Red or Purple)
Jell-O (No Red or Purple)
Sugar or Honey

Hard Candy

ONE WEEK BEFORE YOUR PROCEDURE:

- If you are taking Blood Thinners or Diabetic Medication, REVIEW AND THEN FOLLOW THE DIRECTIONS ACCORDINGLY ON THE LIST PROVIDED ON THE FOLLOWING PAGE. If you have questions regarding this, please call our office. If you are taking GLP-1 agonist medications such as Ozempic, Wegovy, Mounjaro, Trulicity, Rybelsus, Victoza, Byetta, or Saxenda-please skip the dose that is due within a week of your procedure.
- Arrange for a driver. You will not be allowed to drive yourself home. Your driver must be a responsible adult. Drivers will be asked to wait in their car. We do not allow small children in the office. We will call your driver when you are ready to be picked up.
- Read the procedure consent that was provided to you. You do not need to sign the copy you were given. You will be required to sign the consent once you get to the office and are in the presence of our nursing staff.
- If you find it necessary to change or cancel your appointment, you must do this at least 7 working days prior to your appointment or you will be charged a **\$200** cancellation fee. Please call our office Monday – Friday, 8AM to 5PM at 951-517-0906 if you need to change or cancel your appointment. Follow the prompts for First Surgery Center scheduling.

THE DAY BEFORE YOUR PROCEDURE:

YOU WILL NEED A RESPONSIBLE ADULT TO DRIVE YOU HOME AFTER YOUR PROCEDURE. Confirm with your driver, as you will not be allowed to drive yourself home. No small children are allowed in the surgery center waiting area.

- **6:00AM-** The day prior to your procedure you will begin a CLEAR LIQUID diet. **NO SOLID FOODS!** Follow the clear liquid diet listed above. You can have as much of the clear liquids that you want throughout the day. We encourage you to stay hydrated with water. •

- **3:00 PM- Begin your FIRST DOSE of the SUPREP Kit.**
 - **STEP ONE:** Pour ONE (1) 6 ounce bottle of SUPREP liquid into the mixing container
 - **STEP TWO:** Add cool drinking water to the 16-ounce line on the container and mix. (NOTE: Dilute the solution concentrate as directed prior to use.
 - **STEP THREE:** Drink **ALL** the liquid in the container
 - **STEP FOUR: IMPORTANT!** You **must** drink two (2) more 16-ounce containers of water over the next 1 hour.

DAY OF YOUR APPOINTMENT. WHAT TO DO AND WHAT TO BRING:

- **3:00AM- Begin your SECOND DOSE of the SUPREP Kit.**
 - **STEP ONE:** Pour ONE (1) 6 ounce bottle of SUPREP liquid into the mixing container
 - **STEP TWO:** Add cool drinking water to the 16-ounce line on the container and mix. (NOTE: Dilute the solution concentrate as directed prior to use.
 - **STEP THREE:** Drink **ALL** the liquid in the container
 - **STEP FOUR: IMPORTANT!** You **must** drink two (2) more 16-ounce containers of water over the next 1 hour. You cannot have anything to eat or drink until after your procedure.
- If you have medications that you must take in the morning such as blood pressure medication (with the exception of Insulin or blood thinners) you may take them with a **very small sip of water before 5:00AM.** **BLOOD PRESSURE MEDICATION SHOULD NOT BE SKIPPED.**
- Wear comfortable clothes and things that are easy to take off and put back on. We recommend wearing shoes that easily slip off and on and don't require you to bend over to put them on.
- Warm socks
- Insurance cards and ID
- Cash or Credit Card if you have a Co-Payment or deductible that has not been met
- A list of all your prescriptions and over the counter medications
- Please avoid wearing contact lenses, jewelry or valuables
- You will be asked to remove any dentures.

IF YOU TAKE BLOOD THINNERS, STOP 3-7 DAYS BEFORE YOUR APPOINTMENT, FOLLOWING THE DIRECTIONS BELOW:

- Coumadin, Lovenox, Plavix, Effient, Brillinta, Ticlid, Persatine or any medication that thins your blood please follow up with us as you may need to stop these medications 3-7 days before your procedure.
- Lovenox (Enoxaparin) - Hold PM dose the day BEFORE the procedure/ hold AM dose the Day of procedure
- Aggrenox (Aspirin-Dipyridamole)- 48 hours prior to procedure
- Eliquis (Apaxiban)- 48 hours prior to procedure
- Pradaxa (Dabigatran Etexilate) - 48 hours prior to procedure
- Xarelto (Rivaroxaban) - 48 Hours prior to procedure
- Warfarin (Coumadin)- 3 days prior to procedure
- Brillinta (Ticagrelor) - 5 days prior to procedure
- Effient (Prasugrel) – 5 days prior to procedure
- Plavix (Clopidogrel)- 5 Days prior to procedure
- Aspirin- you do not need to stop.

IF YOU TAKE DIABETIC MEDICATIONS, FOLLOW THE DIRECTIONS BELOW:

- Lantus or Long Acting Insulin: Take only ½ the dose at midnight before your procedure. Bring your insulin in with you day of procedure
- Glimperide (Amaryl): Hold day of procedure
- Glucotrol (Glipizide): Hold day of procedure
- Glucophage (Metformin): Hold day of procedure
- Actos (Pioglitazone): Hold day of procedure
- Invokana (Canaglifozin): Hold day of procedure
- Januvia (Sitagliptin): Hold day of procedure

PLEASE MONITOR YOUR BLOOD SUGAR DURING YOUR PREPARATION AND IN THE MORNING OF YOUR PROCEDURE. TAKE DIABETIC MEDICATIONS AS NEEDED. BRING YOUR INSULIN WITH YOU FOR YOUR PROCEDURE.