Trinity Medical Multi-specialty Group

SUPREP BOWEL PREP

You should have picked up the prep from your pharmacy directly following your initial clinic visit. WHEN YOU PURCHASE THE SUPREP PRESCRIPTION-- DISREGARD THE INSTRUCTIONS IN THE BOX AND FOLLOW THESE INSTRUCTIONS ONLY! PLEASE READ ALL INSTURCTIONS BEFORE YOUR PREP DAY! If you have questions last minute there may not be time to reach anyone in the surgery center to help address your concerns.

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 4PM 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 * 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	***NOTHING RED OR PURPLE***	
Water	**Apple Juice or WHITE grape juice**	**Hard Candy**
Broth (Chicken, Vegetable or Bone)	**Popsicles (No Red or Purple)**	
7up, Ginger ale, Sprite	**Jell-O (No Red or Purple)**	
Coffee & Tea (No cream)	**Sugar or Honey**	

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, Tirzapetide, Semaglutide, Retatrutide, or Saxenda-pease 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.
- 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 4PM 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. ·

- **2:30 PM**- **If you were prescribed Reglan to help prevent nausea and vomiting, take it as prescribed**

- **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 cold 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 **SLOWLY**. (Use a straw if possible)
- **STEP FOUR:** Staying hydrated is a must. Try to rink at least 32oz of water before bedtime after drinking the prep solution.

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

- **2:30AM- If you were prescribed Reglan to help prevent nausea and vomiting, take it as prescribed**

- **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 cold 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 **SLOWLY**. (Use a straw if possible)
  - **STEP FOUR: IMPORTANT!** Again, try to ingest 32oz of water after this dose however, **you cannot have any more liquids within 4 hours of your appointment.**

- 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 when you wake up.** 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.

- Do Not bring large bags or backpacks to your appointment.

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 DIRECTONS 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**

IF YOU TAKE GLP-1 AGONIST MEDICATIONS FOR TYPE 2 DIABETES OR WEIGHT LOSS, HOLD FOR ONE WEEK PRIOR TO YOUR PROCEDURE. SEE BELOW LIST OF GLP-1 AGONIST MEDICATIONS:

- **Ozempic**
- **Wegovy**
- **Mounjaro**
- **Trulicity**
- **Rybelsus**
- **Victoza**
- **Byetta**
- **Saxenda**
- **Tirzapetide**
- **Semaglutide**
- **Retatrutide**

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.