



7 days prior to the procedure: Do not take Sameglutide- (Ozempic, Wegovy, Rybelsus), Dulaglutide- (Trulicity), Exenatide Injection- (Bydureon, Byetta), or Tirzepatide- (Mounjaro)

5 days prior to the procedure: If applicable, do not take Coumadin, Plavix, Effient, or Brilinta. Please contact the prescribing physician to make sure it is ok to stop them. Do not stop aspirin 81mg for the procedure.

2 days prior to the procedure: If applicable, stop taking Zarelto and Eliquis. Please contact the prescribing physician to make sure it is ok to stop them. Then, start with low residue diet. This is a diet of soft foods, anything that can be easily smashed with your fingers. You should avoid high fiber foods like raw vegetables, red meat, or foods with seeds.

9am: Mix a 238gm bottle of Miralax with 64 ounces of Gatorade (no red or purple).

Noon: Take 2 Dulcolax tablets.

2pm: Drink one 8 oz glass of prep every 15-20 mins, until ½ of the mixture remains.

6pm: Drink one 8oz glass of prep every 15-20 mins, until the mixture is gone.

Day before procedure: Clear liquid diet, proceed with Suprep instructions attached.

Please feel free to give our office a call with questions or concerns.