

Do not follow the directions on the SUPREP box!

** Someone at least 18 years of age or older must bring you to the procedure, *remain at the facility during your procedure* and drive you home afterwards. Otherwise, your procedure will be cancelled. If you have any questions, please call 704-377-4009. Procedure times vary; delays may occur.

If you normally take the following medications, please contact the prescribing physician to make sure it is okay to stop them for the recommended number of days. If your prescribing doctor says that it is not okay to stop, please contact our office. **Do not stop aspirin for the procedure.

Recommended days to stop prior to procedure:

Phentermine	7 days
GLP-1 agonists (like Ozempic, Mounjaro, Zepbound, etc.)	7 days
Coumadin, Plavix, Effient, Brilinta	5 days
Xarelto & Eliquis	2 days
Diabetic medications	Hold morning of procedure

2 days before Procedure:

Discontinue eating any corn, tomatoes, potato chips, nuts, popcorn, quinoa, or any fruit/vegetable with small seeds in it. Also avoid iron tablets (unless advised by a physician) and oil-based supplements (fish oil, etc.)

Day before procedure:

- Start clear liquid diet in the morning: water, coffee (black), tea, pulp free juice, or clear soda.
- You may also have popsicles, Jell-O, Gatorade, and broth (**nothing red or purple**).
- No milk or milk products. This includes SlimFast, Ensure, protein drinks, and creamers.
- Please make sure you drink plenty of clear liquids throughout the day to stay hydrated.

Your physician has recommended the **SUPREP cleanse. **Both 6oz bottles** are required for a complete prep. On the evening before your procedure at **6:00 pm**, complete steps 1 through 4 (listed below).

Evening before procedure:

- Step 1: At 6pm, pour **first** 6oz bottle of **SUPREP** liquid into the mixing container.
- Step 2: Add cool water or another clear liquid of your choice to the 16oz line on the container and mix.
- Step 3: Drink entire container at 6:00 pm.
- Step 4: You must drink 2 more 16oz containers of clear liquid over the next hour.

** If you experience nausea, bloating, or abdominal cramping, slow down or take a short break from drinking (**no more than 30 minutes**). Start again once you feel better and be sure to finish all the liquid within the set time.

Morning of your procedure:

- **6 hours prior to procedure time**, repeat steps 1 through 4 using the **second** 6oz bottle of **SUPREP**.
- If you take blood pressure medication, take it the morning of your procedure with a sip of water.
- If you take diabetic medication, hold morning of procedure.
- No gum/mints/hard candies/ice on the day of your procedure.
- No cannabis/ THC products day of procedure.
- **Do not drink anything else for at least 4 hours before your procedure time.**