



1600 E. Broadway Columbia, MO 65201  
573-815-8000

### Preparation Instructions

PREPARATION INSTRUCTIONS WITH SUPREP AT **BOONE HOSPITAL 1600 E. Broadway Columbia, MO 65201**

Appointment date: \_\_\_\_\_ Check in time: \_\_\_\_\_

#### Do these things **7 DAYS BEFORE** the procedure:

<ul style="list-style-type: none"><li>• <b>Arrange a ride:</b> You will be given medicine that makes you relax and sleepy, so you cannot drive a car. If you arrive without an escort, your procedure may need to be rescheduled.</li><li>• Uber, taxi, or transportations such as Oats bus are not an option unless you have an escort to ride with you.</li><li>• <b>If you take any blood thinners, call your primary doctor or cardiologist to see if you can safely stop this medication before your procedure.</b></li><li>• Please note the date and time you are to stop the blood thinners.</li></ul>	<ul style="list-style-type: none"><li>• <b>BLOOD THINNERS AND ALL OTHER MEDICATIONS SHOULD BE ADDRESSED BY YOUR PRIMARY PHYSICIAN, PRESCRIBING PHYSICIAN, INTERNIST OR SURGEON.</b></li><li>• <b>STOP ALL</b> Vitamins, Iron pills and stool medications (Imodium, fiber supplements)</li><li>• <b>SHOPPING LIST</b> for Suprep:<ul style="list-style-type: none"><li>-Two 5mg Dulcolax (bisacodyl) tablets</li><li>- Suprep (you will need a prescription for this)</li></ul></li></ul>
--	--

#### Do these things **3 DAYS BEFORE** the procedure:

<ul style="list-style-type: none"><li>• <b>Confirm your ride</b> and review prep and diet you will need to follow for the procedure.</li><li>• If you have questions regarding your appointment, call <b>573-815-6344</b></li><li>• If you would like to cancel or reschedule your appointment, call <b>573-815-8059</b></li></ul>
--

#### PRE-PREP Do these things **THE DAY BEFORE** the procedure:

<ul style="list-style-type: none"><li>• <b>Start a strict clear liquid diet.</b> <i>If you put a liquid in a clear glass, and you can see through it, it is OK to drink.</i> A clear liquid diet can include:<ul style="list-style-type: none"><li>- Apple, grape, and cranberry juices.</li><li>- Beef or chicken broth that is clear.</li><li>- Tea and coffee without milk or cream.</li><li>- Soda pop, Gatorade. Kool-Aid and various Jell-O flavors (any color <b>Except Red</b>)</li></ul></li><li>• <b>Avoid:</b> Juices with pulp, milk, cream and solid food.</li><li>• <b>8:00 am:</b> Take two 5mg Dulcolax (Bisacodyl) tablets with at least 8 ounces of water.</li><li>• <b>Between 3:00-6:00 pm</b> Start drinking the suprep. Instructions for diluting the suprep are on the box. Do Not drink suprep undiluted. Pour one 6oz bottle of suprep into mixing container. Add cool drinking water to the 16oz line on the container and mix. You <b>MUST</b> drink another 32oz of clear liquids over the next hour after drinking suprep to be sure to drink enough fluids to stay hydrated.</li></ul>
--

**Do these things ON THE DAY OF the procedure:**

- No food, tobacco products or gum after midnight. Clear liquids only (no broth)
- At least 5 hours before you leave home, drink the second bottle of suprep mixed with cold water the same way as the day before. Remember to drink 32oz of clear liquids over the next hour after drinking your prep. You must finish drinking AT LEAST 4 hours before your check in time.
- Adhere to the medications you should take before the procedure.
- Bring a list of your medications with you and the time and dates you last took them.
- Go to the south entrance, the Outpatient Service Entrance and check in on the ground floor at your scheduled check in time.
- There is no need to arrive early. Once registered, you will be directed to the 3rd floor (GI Lab).

**Questions about other medications**

**PLEASE TAKE MEDICATIONS FOR THESE APPROVED CONDITIONS THE DAY OF THE PROCEDURE:**

Thyroid, reflux, pain, depression, anxiety, myasthenia gravis, transplants, Parkinson's, prescribed inhalers, and seizure medications with a sip of water.

**\*DO NOT TAKE THE MEDICATIONS BELOW WITHIN 24HR OF PROCEDURE. YOUR PROCEDURE MAY BE CANCELLED IF THE FOLLOWING MEDICATIONS ARE TAKEN AFTER 7 AM THE DAY BEFORE THE PROCEDURE**

Accupr (quinapril)	Lotensin (benazepril)
Aceon (Perindopril)	Mavik (trandolapril)
Altrace (ramipril)	Micardis (trandolapril)
Atacan (candesartan)	Novartis (amlodipine and valsartan)
Avalide (HCTZ and ibesartan)	Monopril (fisinopril)
Avapro (irbesartan)	Prinivil (Lisinopril)
Benicar (Olmesartan)	Teveten (eprosartan)
Capoten (captopril)	Univasc (moexipril)
Cozaar (losartan)	Vasotec (enalapril)
Diovan (valsartan)	Estril (Lisinopril)
Entresto (sucubital and valsartan)	Exforge (amlodipine and valsartan)

**Diabetic and Weight loss Medications:**

\*Take **half of your evening dose** of long-acting Insulin the night prior to surgery.

**No morning insulin**, no morning diabetic medications – unless directed by your Endocrinologist

\*If you are on any of the following **injectable medications for weight loss or diabetes**, please stop weekly dosing one week prior and daily dosing the day of. You will also need to do **24 hours of clear liquids** prior to your procedure.

Mounjaro (Tirzepatide)      Wegovy (Semaglutide)

Ozempic (Semaglutide)      Rybelsus (Semaglutide)

Saxenda (Liraglutide)      Victoza (Liraglutide)

Trulicity (Dulaglutide)      Byetta (Exenatide)