

Suprep Split Dose Preparation for a Colonoscopy

From the Pharmacy:

1. Purchase your SUPREP BOWEL PREP KIT (see attached prescription **if a sample was not given**)

COLONOSCOPY:

In order to achieve an accurate evaluation of your lower gastrointestinal (GI) tract, it is important that you properly prepare for the procedure. Doctors are able to obtain the clearest view of the bowel when it is flushed completely free of waste material. The thoroughness of this intestinal cleaning depends on you. Without your cooperation, the examination cannot accomplish its purpose and may have to be repeated.

Five (5) Days Before Procedure:

- DO NOT DRINK ALCOHOL FOR (5) DAYS PRIOR TO YOUR PROCEDURE.
- DO NOT take any or ibuprofen products. Taking Tylenol (acetaminophen) is allowed.
- Stop taking anticoagulants or blood thinners such as: Coumadin, (Warfarin), Celebrex, NSAIDS and Plavix, *if necessary we will request Cardiac clearance.*

Day Before Procedure:

- Follow a clear liquid diet throughout the day. Items include: water, clear juices without pulp, clear soda, chicken or beef broth, popsicles, Jell-O, tea, coffee, etc. If you are diabetic, drink regular (non-diet) liquids in moderation throughout the day and only take half your dose of diabetes meds(pills or insulin)
- Avoid **Food**, dairy products, orange juice and anything that is red or purple in color.
- Step 1: At ____ PM pour one 6-ounce bottle of SUPREP into the mixing container provided in your prep kit.
- Step 2: Add cold water to the fill line of the 16-ounce container and mix.
- Step 3: ***Slowly Drink ALL of the liquid in the container*** (Drink slowly to avoid nausea).
- Step 4: ***MOST IMPORTANT:*** You must drink two more 16-ounce containers of water over the next 1 hour.
- YOU MAY CONTINUE TO HAVE CLEAR LIQUIDS UNTIL BEDTIME.

Day of Procedure:

- At ____ AM **Repeat steps 1 through 4 using the other 6-ounce bottle of SUPREP bowel prep kit along with the 16-ounce container.**
- DO NOT eat or drink anything 4 hours prior to your procedure. ***Except for any currently prescribed heart or blood pressure medications with a sip of water.***
- If you are diabetic: To avoid dangerously low blood sugar, **Do Not** take your diabetic medication (pills or insulin) the morning of your procedure. You can resume your diabetes medications after the procedure once you have eaten.
- Plan on being at the facility for approximately 2-3 hours.
- You must have someone drive you home after your procedure. You will be sedated for your colonoscopy and will be drowsy for several hours after the procedure. You may not drive or work for 12 hours after the procedure.
- **YOU WILL NOT BE ALLOWED TO DRIVE OR TAKE A CAB.**

Procedure Date: _____

Check-In Time: _____

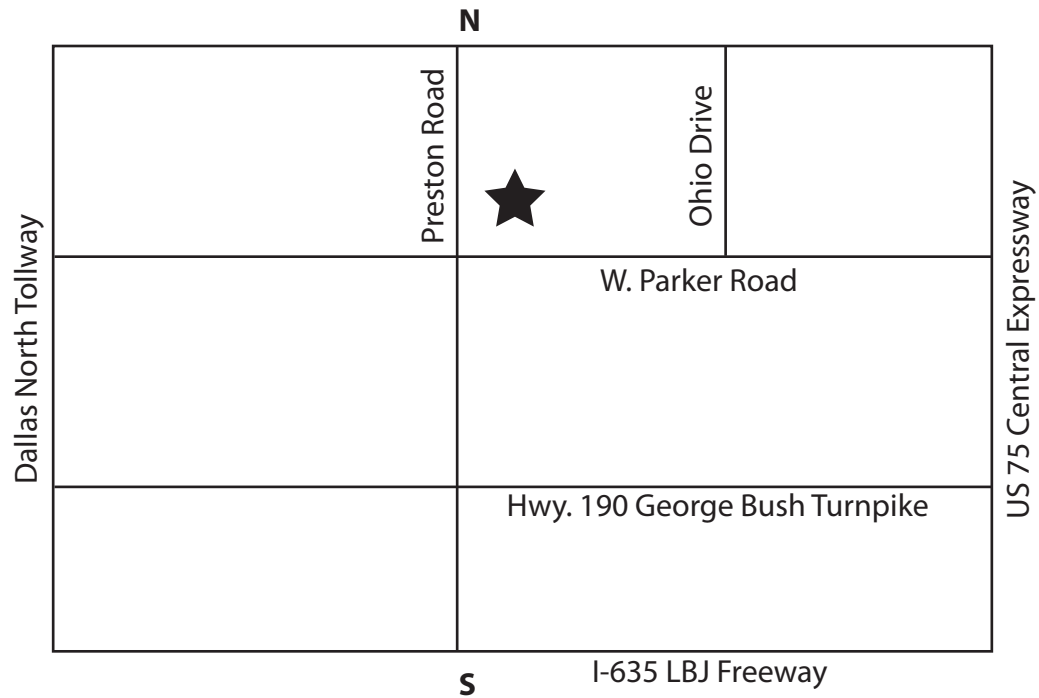
Location: _____ **MEDICAL CENTER OF PLANO**

3901 W. 15th Street - Plano, TX 75075

(Enter thru ER entrance and go to the Out Patient Surgery Desk)

_____ **DIGESTIVE HEALTH CENTER OF PLANO**

3242 Preston Rd, Suite 200 | Plano, TX 75093



Preston Crossing Endoscopy Center

3500 Preston Road

Suite 200

Plano, TX 75093

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