

# SUPREP Preparation for a Colonoscopy

**COLONOSCOPY:**

In order to achieve an accurate evaluation of our 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 materials. 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 aspirin or ibuprofen products. Tylenol (acetaminophen) is allowed.
- Stop taking anticoagulants or blood thinners such as: Coumadin, Naprosyn, Nuprin, Persantine, Plavix, Relafan, or Rufen.

**Day Before Procedure:      ALL DAY CLEAR LIQUID DIET**

- You will need to follow a clear liquid diet throughout the day. Items include: WATER, clear juices without pulp, clear soda, chicken or beef broth, popsicle, Jell-O, tea, coffee, etc. If you are diabetic, drink regular (non-diet) liquids in moderation throughout the day. **ONLY** take half a dose of your diabetes meds (pills or insulin).
- **Avoid FOOD with dairy products, orange juice and anything that is red and purple in color.**
- Step 1: At \_\_\_\_\_ PM pour one 6 oz. bottle of SUPREP liquid into the mixing container provided in your prep kit.
- Step 2: Add cold water to the fill line of the 16 oz. container and mix.
- Step 3: Slowly drink ALL the liquid in the container (drink slowly to avoid nausea)
- **Step 4: MOST IMPORTANT: You must drink (2) TWO more 16oz. Container of clear liquid of your choice over the next hour after drinking the laxative solution.**
- Step 5: At \_\_\_\_\_ PM, REPEAT STEPS 1-4. YOU MAY CONTINUE WITH CLEAR LIQUID UNTIL BEDTIME.
- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.**

**Day of Procedure:**

- **ONLY take any 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 medications (pills or insulin) the morning of your procedure. You can resume your diabetes medications after the procedure once you have eaten.
- **IF YOUR PROCEDURE IS SCHEDULED AFTER 1:30 PM, YOU MAY HAVE CLEAR LIQUIDS UNTIL 7:00 AM.**
- Plan on being at the facility for approximately 2-3 hours.
- A driver **MUST** accompany you to drive you home after the procedure. You will be sedated for your procedure and will be drowsy for several hours. You may not drive or work 12 hours after the procedure.
- **YOU WILL NOT BE ALLOWED TO DRIVE OR TAKE A CAB.**

Procedure Date: \_\_\_\_\_

Check-In Time: \_\_\_\_\_ AM/PM

**MEDICAL CENTER OF PLANO**

3901 W. 15th St. -Plano, TX 75075

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

**PRESTON CROSSING ENDOSCOPY CENTER**

3500 Preston Rd., Ste. 200- Plano, TX 75093