

Suprep Split Dose Bowel Preparation for Colonoscopy

Colonoscopy

Colonoscopy is a test that allows your doctor to look at the inner lining of your large intestine (rectum and colon). 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.

Procedure Date: _____

Check In Time: _____

Location:

Medical Center of McKinney.
4500 Medical Center Drive,
McKinney, TX 75069
972-547-8000

Preston Crossing Endoscopy Center
3500 Preston Rd, Suite 200,
Plano, TX 75093
972-985-2300

Texas Health Presbyterian Hospital Allen
1105 Central Expressway North,
Allen, TX 75013
972-747-1000

Methodist of McKinney
6045 Alma Rd Suite 100,
McKinney, TX 75070
469-907-1650

Baylor of McKinney
5252, W. University Dr,
Highway 380 at Lake Forest Drive
McKinney, TX 75071
469-764-1000

For directions visit:
www.yaminimaddalamd.com/patient-information/directions-to-endoscopy/

Purchase your Suprep Bowel Preparation Kit from the Pharmacy

(See attached prescription, if a sample was not given).

Five (5) Days before the 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 (apple and white grape only) 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 **5 PM** Pour ONE (1) 6-ounce bottle of Suprep liquid into the cup.

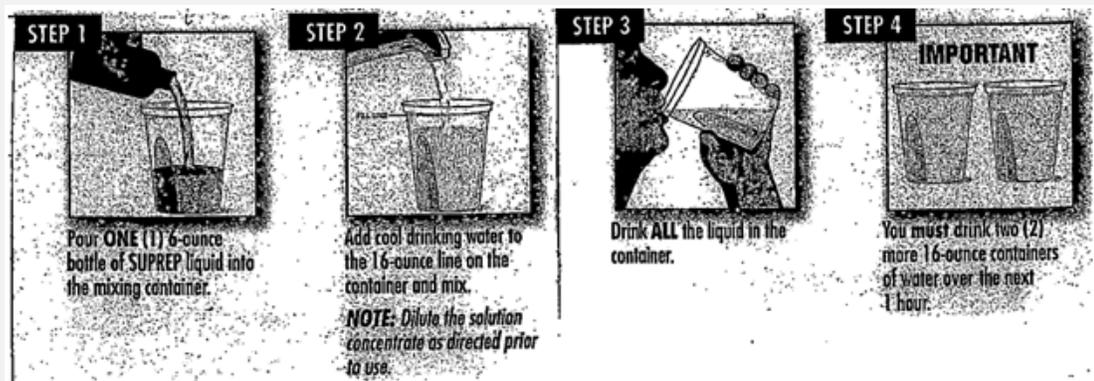
Step 2: Add cool drinking water to the 16-ounce line on the cup and mix.

Step 3: Slowly drink ALL the liquid in the cup.

Step 4: MOST IMPORTANT: You MUST drink two (2) more 16-ounce cups of water over the next hour.

Step 5: At **9 PM:** Repeat steps 1 through 4 using the other 6-ounce bottle of Suprep

- You may continue to have clear liquids until bedtime.
- Be sure and finish all of the solution and water.
- Both 6-ounce bottles are required for a complete prep.



Please call the office within 48 hours to **Cancel or Reschedule** your procedure to avoid a \$100 charge. If you have any questions please call Leslie at 469-697-5100



Day Of Procedure:

- At ___ AM Repeat steps 1 through 4 using the other 6 ounce bottle of **Suprep** bowel preparation 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 and ensure to arrive at the facility at least 1 hour before the scheduled procedure.
- A Driver must accompany you at the facility; they must stay in the facility the entire time of your procedure.
- **YOU WILL NOT BE ALLOWED TO DRIVE OR TAKE A CAB!**