

**Suprep Split Dose Bowel Preparation for
Colonoscopy**

Physician:

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: _____

**Texas Health Presbyterian
Hospital Allen**

1105 Central Expressway North,
Allen, TX 75013
972-747-1000

**Methodist Craig Ranch
Surgery Center**

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

Medical Center of McKinney

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

**Medical City Surgery Center
McKinney**

4510 Medical Center Drive,
Suite 150,
McKinney, TX 75069
972-547-1580

**Digestive Health Center of
Plano**

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

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.



Step 1:

Pour **ONE (1)** 6-ounce bottle of SUPREP liquid into the mixing container



Step 2:

Adding cool drinking water to the 16-ounce line on the water container and mix.

Note: Be sure to dilute SUPREP as shown before you drink it.



Step 3:

Drink **ALL** the liquid in the container



Step 3:

You **must** drink two (2) 16-ounce containers of water over the next 1 hour.

Note: You **must** finish drinking the final glass of water at least 2 hours, or as directed before your procedure.

Day Of Procedure:

- At **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 MUST HAVE SOMEONE DRIVE YOU HOME

- No Taxi, Uber, Lyft or Bus!

IF A PRESCRIPTION IS SENT IN PLEASE PICK IT UP WITHIN 7 DAYS

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