

# SUPREP Preparation for a Colonoscopy

## 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 take any aspirin or aspirin products; such as ibuprofen, Naprosyn, Nuprin or Relafen. Tylenol (acetaminophen) is allowed.
- Anticoagulants or blood thinners, such as: Coumadin, Persantine or Plavix. Pradaxa will likely be held as well. **Dr. Hakert's office will need to discuss the protocol for managing these medications with the patient after obtaining clearance from the prescribing doctor.**

## 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.* 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 **5pm** pour **one** of the 6-ounce bottles 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: Drink all of the liquid in the container.
- Step 4: **IMPORTANT** – You must drink two more 16-ounce containers of water over the next hour.
- YOU MAY CONTINUE WITH CLEAR LIQUIDS UNTIL BEDTIME.
- DO NOT DRINK ANYTHING **AFTER MIDNIGHT.**
- There are no dietary restrictions prior to having the test.

## Day of Procedure:

- 5 hours before your scheduled procedure, repeat steps 1-4 (above). Be sure to **COMPLETE** the steps 4 hours before your procedure time (not arrival time).
- Take any currently prescribed heart seizure or blood pressure medications with a sip of water at least 2 hours before the procedure time.
- *If you are diabetic:* To avoid dangerously low blood sugar, please 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 hours.
- A driver must accompany you to drive you home after your procedure. You will be sedated for your procedure 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 PUBLIC TRANSPORTATION. YOU MUST HAVE A RIDE ARRANGED TO TAKE YOU HOME.

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

Check-In Time: \_\_\_\_\_

Location(s): \_\_\_\_\_ Old Town Endoscopy Center  
5500 Greenville Ave Suite 11000  
Dallas, TX 75206  
(214) 739-9544

\_\_\_\_\_ Forest Park Medical Center  
11990 North Central Expressway  
Dallas, Texas 75243  
(972) 234-1900

\_\_\_\_\_ Lake Pointe Medical Center  
6800 Scenic Drive  
Rowlett, TX 75088  
(972) 412-2273

\_\_\_\_\_ Presbyterian Hospital – Dallas  
8200 Walnut Hill Lane  
Dallas, TX 75231  
(214) 345-6789