

SUPREP SPLIT DOSE 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 ibuprofen products. Tylenol (acetaminophen) is allowed.  
DO NOT DRINK ALCOHOL FOR (5) DAYS PRIOR TO YOUR PROCEDURE.  
 Stop taking Anticoagulants or blood thinners, such as: Coumadin, Xarelto, Plavix, Pradaxa or Eliquis, 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 apple juice), clear soda (ginger-ale, sprite, 7up), chicken or beef broth, popsicles, Jell-O, tea, coffee, etc. *If you are diabetic, drink regular (non-diet) liquids in moderation throughout the day.*

Avoid Food, dairy products, orange juice and dark colored liquids with red, purple and blue dye.

**Step 1:** At \_\_\_\_\_ **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 MIDNIGHT.

DO NOT DRINK ANYTHING **AFTER MIDNIGHT.**

**Day of Procedure:**

At \_\_\_\_\_, repeat steps 1-4 (above). You must complete these steps in no more than 1 hour.

**DO NOT DRINK ANYTHING AFTER FINISHING THE SOLUTION!**

Take any currently prescribed heart or blood pressure medications with a sip of water.

**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 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.**

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

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

Location: \_\_\_\_\_ **TEXAS HEALTH HARRIS METHODIST H.E.B. HOSPITAL**  
 1600 Hospital Pkwy Bedford, TX 76022  
**(Go to the Admissions Desk in the Main Lobby)**  
 \_\_\_\_\_ **ENDOSCOPY CENTER AT CENTRAL PARK**  
 1600 Central Drive, Suite 300 Bedford, TX 76022