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Suprep Split Bowel Prep

DATE OF PROCEDURE _____ TIME OF PROCEDURE _____

PLACE OF PROCEDURE: NRH Endoscopy Center, Texas Health Alliance Surgery Center, Texas Health Alliance Hospital

ARRIVE AT _____. Take your insurance card and photo ID with you.

5 DAYS BEFORE COLONOSCOPY _____ FOLLOW THE INSTRUCTIONS BELOW:

Avoid consuming large salads and any foods with small seeds. Stop taking iron products.

DAY BEFORE THE PROCEDURE _____ FOLLOW THE INSTRUCTIONS BELOW:

When you wake up in the morning you may consume CLEAR LIQUIDS only. NO SOLIDS.

Examples: broth, Jello (no red, purple, or orange), black coffee, tea, carbonated drinks, apple juice, etc...
NO solid foods, juices with pulp, or milk products.

Approximately 6:00 pm

Pour one (1) 6 oz. bottle of Suprep liquid into the mixing container. Add cool water to the 16 oz. line on the container and mix. Drink all of the liquid in the container. Drink two (2) more 16 oz. of water over the next one (1) hour.

DAY OF THE PROCEDURE _____ FOLLOW THE INSTRUCTIONS BELOW:

You can drink CLEAR LIQUIDS only. NO SOLIDS.

Beginning 5 hours before your scheduled procedure time - This may mean waking up very early on the day of the procedure:

Pour one (1) 6 oz. bottle of Suprep liquid into the mixing container. Add cool water to the 16 oz. line on the container and mix. Drink all of the liquid in the container. Drink two (2) more 16 oz. of water over the next hour.

Please note the more liquid you drink, the better your bowel prep will be. It is recommended that in addition to the bowel prep solution, you should try and drink at least 32 oz of some other fluid during the course of the prep. This can be done either during the times you are taking the bowel prep or after you have taken it. Any of the fluids listed in the clear liquids section are acceptable.

DISCONTINUE LIQUIDS THREE HOURS PRIOR TO YOUR PROCEDURE.

You may take blood pressure and heart medications on the morning of your procedure. If you are diabetic and on medications, please check with your doctor regarding special instructions. Have someone available to drive you home due to the IV sedation.