

TDDC

Texas Digestive Disease Consultants

powered by GI Alliance

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Procedure Date and Time: _____

Arrival Time: _____

Facility: _____ (see MAP)

Do Not Eat Any Nuts, Seeds or Popcorn One Week Prior to Your Procedure

Prep Instructions for Colonoscopy:

SUPREP BOWEL PREP (prescription, 2-part split dose)

Your prescription will be sent to **GIA pharmacy – 682.707.3760**

GIA Pharmacy will contact you to arrange delivery to your home.

A) Purchase one container of 238gm bottle of MiraLAX (over the counter)

B) Day PRIOR to Procedure:

On _____, you **MUST** be on a clear liquid diet **ALL DAY**. (NO SOLID FOODS)

1. **List of liquids:** Tea, Black Coffee (no creamer), coke, sprite, diet sodas, chicken or beef broth, Jell-O, popsicles, apple juice, cranberry juice (natural red), Gatorade, Powerade, and water. **Absolutely no RED Jell-O or RED/ PURPLE products. No Orange Juice, Milk, or Milk Products.**
2. You will need to take any **Thyroid, Blood Pressure, Anxiety and Only take a half dose your diabetic medications.**
3. At **6pm** complete the following 4 STEPS for part 1 of your 2-part prep.
 1. Pour 1 6oz bottle of Suprep in the 16oz cup
 2. Add 10oz of cool water **only** (16oz total)
 3. Drink entire 16oz cup. Drink 2 more 16oz of water (**Total of 3 16oz of fluids**)
 4. **Drink within 1 hour**

****To ease nausea while drink prep, try using a straw and/or sucking on a lemon wedge.**

C) At 9:00pm MIX one 238gram container of MiraLAX in 64 oz of water. Drink half (32oz) of this mixture over 1 hour.

****If by 10pm you're still not passing clear liquids, drink the other half (32oz) of mixture over 1 hour.**

If you have not had any bowel movements by 10:30pm, call our office 972-562-4430 option 1 to page the doctor on call.

D) Day Of: 6 Hours Prior To Procedure

1. At _____AM/PM, Repeat Steps 1-4 for part 2 of your prep using the other 6oz bottle of Suprep
2. **You must have transportation** from the facility by an adult member of your family or friend, otherwise your procedure will be **Canceled**.
3. You may take your **Thyroid, Blood Pressure and Anxiety medications** with small sips of water no **later than 2 hours** prior to your procedure. **DO NOT take your diabetic medications.**
4. **Nothing by mouth 5 hours prior to your procedure.**

****If you are taking any **weight loss medications; Plavix, Coumadin (Warfarin), Lovenox, Eliquis, Xarelto**, or any other blood thinners, it's very important that you notify our office (nurses) for instructions as when to **STOP** these medications before your procedure. If you are taking aspirin 325mg, switch to 81mg 7 days prior to your procedure and stay on this dose leading up to the procedure. If already taking aspirin 81mg, stay on this up until the day prior.**