

SUPREP

Procedure questions Call
281-205-1111 EXT 102

Pharmacy: SUPREP Kit -Sent to Pharmacy

**** YOU WILL NEED A DRIVER ****

****THE DAY BEFORE THE PROCEDURE**** **NO SOLID FOOD ALL DAY**

| **START A CLEAR LIQUID DIET WHEN YOU GET UP IN THE MORNING** | |
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| NOT ALLOWED | NO SOLID FOOD, Dairy, NO RED or Purple, Alcoholic Beverages, No Chew tobacco |
| DESSERT | OK-Gelatin, Popsicles, Slushes, Ices, Hard Candy (No RED or Purple) |
| Condiments | OK-Sugar, Artificial sweeteners, Honey |
| SOUP | OK-Fat free broth or bouillon (chicken/beef) |
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| | |
| BEVERAGE | OK-Water, Coffee, Tea (without milk), Clear soda, Apple Juice, White grape Juice, fruit flavored Country time, Crystal light, Kool-Aid |
| DULCOLAX TABLETS (OVER THE COUNTER LAXATIVE) | At noon the day before your procedure take (2) Dulcolax tablets followed by (3) 8oz cups of water. |

- **6 PM** – Pour one (1) 6 ounce bottle of the SUPREP laxative into the mixing cup (it came in the kit). Add cool water to the red line on the cup (that will equal sixteen ounces) with the laxative. Stir and mix the mixture. Drink the entire mixture in the cup.
 - In the next hour—drink two (2-3) 16 ounce cups of clear liquid. These 2 glasses are to prevent you from becoming dehydrated
 - You should have BM's within 30 – 60 minutes
 - Use a straw or eat hard candy between glasses, if necessary
 - Bloating will occur, it will pass.
 - Walk around the house or rock in a chair to relieve bloating
 - Continue drinking clear liquids of your choice until you go to bed
 - Take any prescribed PM medications when your BM's slow down
- “NOTHING TO DRINK AFTER MIDNIGHT”**

THE MORNING OF THE PROCEDURE:

- _____ AM/PM 6 hours before leaving home mix and drink the second (2nd) bottle of the SUPREP. Follow the same mixing instructions as last night.
- In the next hour drink two (2) 16 ounces glasses of water

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| 12 HOURS before your procedure: STOP SMOKING |
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| 6 HOURS before your procedure: No candy, mints, jelly beans or chewing gum |
| 3 HOURS before your procedure: Take any regularly prescribed medication. DO NOT TAKE diabetic medication, potassium pills or diuretics (water pills) |
| STOP DRINKING LIQUIDS AT: |

Medications..

Please STOP

* blood thinners like Coumadin, Plavix, Aspirin, Fish Oils 5 days prior to your procedure. Please contact your PCP or Cardiologist for any adjustments in these medications.

*Do not take Ibuprofen, Motrin, Aleve, Advil for 5 days prior to procedure. Tylenol is okay for pain & headache.

*You may take your Blood Pressure medication 3 hours prior to your procedure time.

*If you are diabetic & on insulin, please take only HALF of your AM dose the morning of. Your blood sugar will be checked on arrival.

*Stop all weight loss medications 2 weeks prior to procedure.

* If you need a Cardiac Clearance, please follow up with your Cardiologist and get it to us as soon as possible.

YOUR SCHEDULED ON: ____/____/____

PROCEDURE SCHEDULED AT: _____

ESTAMATED ARRIVAL TIME: _____ : _____ AM/PM

Locations:

River Oaks Endoscopy Ctr-1501 River Pointe Drive Ste # 260 Conroe, TX 77304
(936-494-3636)

Memorial Hermann Surgical Center 9200 Pinecroft Ste.200 The Woodlands, TX 77380
(281-297-9500)

St. Lukes Hospital 17200 St. Lukes Way, The Woodlands, TX 77380
(936-266-2000) - (936-266-4014 Nurse)

[] V.I.P Surgical Center 1246 N. 3083 West Ste. A Conroe, TX 77304 (936-441-2233)

REMINDER: You will be charged \$150.00 fee if you cancel or reschedule less than 24 hours.