

SUPREP

BOWEL PREPARATION FOR YOUR PROCEDURE

Date: _____

Arrival Time: _____

The day before your Procedure

1. You will be on a clear liquid diet. Clear liquids include: black coffee or tea, clear fruit juices, light soup, broth or bouillon, jello, Popsicle. PLEASE REMEMBER THAT YOU MAY NOT HAVE ANYTHING RED, PURPLE, OR DAIRY.
2. At **2:00 PM** you mix your first bottle of your prep. Pour one (1) 6-ounce bottle of Suprep liquid into the mixing container.
3. Add cool drinking water to the 16-ounce line on the container and mix.
4. Drink **ALL** the liquid in the container.
5. **IMPORTANT!!!** *You must then drink two (2) more 16-ounces cups of water over the next 1 hour after drinking Suprep.*
6. Repeat the same at **10:00 PM**.

Please **drink lots of water** (about 1-2 gallons) while doing your prep, and throughout the day. The more water you drink the cleaner your colon will be and **you won't have to repeat your procedure**.

Stop taking aspirin one (1) week prior to the procedure.

Stop taking Coumadin, Plavix, Fish oil, Vitamin E four (4) days prior to Procedure.

Please bring your insurance cards, picture id, and a driver. Bring a list of all medications with you to the procedure center.

Take your blood pressure medication the morning of exam with just a sip of water. That should be the only thing you drink morning of exam

If you are not clean by 6:00 am please call Theda Oaks at 210-268-0100.

PLEASE DO NOT DRINK ANYTHING MORNING OF PROCEDURE!!!

MAGNESIUM CITRATE

BOWEL PREPARATION FOR YOUR PROCEDURE

Date: _____

Arrival Time: _____

What to purchase over the counter:

- ▶ Two (2) bottles of Magnesium Citrate 10oz bottles (lemon-lime flavor)
- ▶ Four (4) 5 mg. Dulcolax pills. Dulcolax is available over the counter. **Please purchase the laxative formula not the stool softener.**

The day before the procedure

▶ Consume only clear liquids on this day. **No solid foods!** Clear liquids include: water, any kind of soda, Gatorade, coffee, Popsicles, tea, Jell-o, chicken or beef broth, fruit juices (white grape or apple). No alcohol allowed. **PLEASE REMEMBER THAT YOU MAY NOT HAVE ANYTHING RED, PURPLE, OR DAIRY.**

- ▶ At 1:00 p.m take the four 5 mg. Dulcolax pills.
- ▶ At 2:00 p.m drink the 1st bottle of Magnesium Citrate.
- ▶ At 4:00 p.m drink the 2nd bottle of Magnesium Citrate.

*****Please drink lots of water throughout the day (about 1-2 gallons of water). The more water you drink the cleaner your colon will be and they will not have to repeat your procedure. *****

Special instruction for those patients on diabetic or blood thinners.

1. If you take insulin, use half of your regular dose morning of the exam unless instructed otherwise.
2. If you take any diabetic pills do not take the pills the morning of the procedure.
3. **Stop taking aspirin one week prior to procedure.**
4. **Stop taking Coumadin, Plavix, Fish Oil, Vitamin E 4 days prior to procedure.**

Allow yourself about 2 ½ to 3 hours for the procedure. Please bring your insurance cards, picture id, and a driver. **Take your blood pressure medication with a sip of water the morning of exam. That should be the only thing you drink morning of your exam. Bring a list of all medications with you to the procedure center.**

If you are not clean by 6:00 a.m please call Theda Oaks 268-0100.

PLEASE DO NOT DRINK ANYTHING MORNING OF YOUR PROCEDURE!!!!!!

HALFLYTELY

BOWEL PREPARATION FOR YOUR PROCEDURE

Date: _____

Arrival Time: _____

The Day Before the Procedure

1. In the morning before the procedure prepare your halflytely solution and refrigerate.
2. You will be on a clear liquid diet for the rest of the day. Clear liquids include: black coffee or tea, clear fruit juices, light soup, broth or bouillon, jello, Popsicle. **PLEASE REMEMBER THAT YOU MAY NOT HAVE ANYTHING RED, PURPLE, OR DAIRY.**
3. At 12:00 PM begin taking the 1, time released, Bisacodyl tablet provided in the prep kit box.
4. At 4:00 PM begin drinking your halflytely as instructed. Drink 8oz of water every 10-15 minutes until the bottle is empty. Rapidly drinking a glassful is better than sipping an ounce or two at a time.

Special instructions for those patients on diabetic or blood thinning medications.

1. If you take insulin, use half of your regular dose the morning of the exam unless instructed otherwise.
2. If you take any diabetic pills, do not take the pills the morning of the procedure.
3. Stop taking aspirin one week prior to procedure.
4. Stop taking Coumadin, Plavix, fish oil, Vitamin E, 4 days prior to procedure.

Allow yourself about 2½ to 3 hours for the procedure. Please bring insurance cards, picture ID and a driver. Take your blood pressure medication with a sip of water the morning of exam. That should be the only thing you drink the morning of your exam. Bring a list of all medications with you to the procedure center. **IF YOU ARE NOT CLEAN BY 6:00 AM, PLEASE CALL THEDA OAKS AT 268-0100.**

*******PLEASE DRINK LOTS OF WATER WHILE DOING YOUR PREP. THE MORE WATER YOU DRINK THE CLEANER YOUR COLON WILL BE AND THEY WON'T HAVE TO REPEAT YOUR PROCEDURE*******

PLEASE DO NOT DRINK ANYTHING THE MORNING OF PROCEDURE

OsmoPrep Tablets

Date: _____

Arrival Time: _____

Day before Exam: You will be on clear liquids throughout the whole day. Clear liquids include: water, ginger ale, lemonade, Gatorade, black coffee, tea, clear fruit juices (apple or white grape), bouillon, chicken or beef broth (no noodles), Jell-O. ***Please remember that you may not have anything red/purple or dairy products.***

At 5:00 p.m Begin taking your Osmoprep tablets. Take 4 tablets every 15 minutes with 8oz of water or any clear liquid listed above. Repeat every 15 minutes until you have taken the first 20 tablets.

At 8:00 p.m Take 4 tablets every 15 minutes with 8oz of water or any clear liquids listed above. Repeat every 15 minutes until you have taken a total of 12 tablets.

Special instructions for those patients on diabetic or blood thinning medications.

1. If you take insulin, use half of your regular dose the morning of the exam unless instructed otherwise.
2. If you take any diabetic pills do not take the pills the morning the procedure.
3. **Stop taking aspirin one week prior to procedure.**
4. **Stop taking Coumadin, Plavix, Fish Oil, Vitamin E 4 days prior to procedure.**

Take your blood pressure medication with a sip of water the morning of exam. That should be the only thing you drink the morning of your exam. Bring a list of ALL medications with you to the procedure center.

***Remember that drinking plenty of liquids during the day before your procedure, will be beneficial during your prep. This will help to keep you feeling full, help the bowel prep work more efficiently and keep you appropriately hydrated. ***

Allow yourself about 2 ½ to 3 hours for the procedure. Please bring your insurance cards, picture id, and a driver. If you have any questions please call our office at (210)268-0124.

PLEASE DO NOT DRINK ANYTHING THE MORNING OF YOUR PROCEDURE!!!!!!!!!!