

SUPREP Split-dose Preparation for COLONOSCOPY

Sripathi Kethu, M.D.

READ INSTRUCTIONS CAREFULLY. FAILURE TO COMPLY WILL RESULT IN RESCHEDULING THE PROCEDURE. Call our office (972) 238-9696 with any questions.

DATE OF PROCEDURE: _____

ARRIVAL TIME: _____ **PROCEDURE TIME:** _____

Patient's Name _____

Report To:

Methodist Richardson Medical Center
2831 E. President George Bush Hwy
Richardson, TX 75082. (Ph: 469-204-1000)
(Go through the double doors under the big blue cross)

Preston Crossing Endoscopy Center
3500 Preston Rd. Suite: 200
Plano, TX 75093 (Ph: 972-985-2300)

***** DO NOT TAKE ASPIRIN (Tylenol is okay), IRON PILLS OR BLOOD THINNERS (e.g., Plavix/clopidogrel, Coumadin/warfarin, Aggrenox, Effient, etc.) 5 DAYS PRIOR TO YOUR PROCEDURE unless instructed otherwise. If you are on Brilinta, Pradaxa, Xarelto, stop it 2 days prior ***. We will get cardiac clearance if necessary.**

3 DAYS BEFORE THE PROCEDURE: Stop eating nuts, seeds, corn, peas, bell peppers, salads and popcorn. Fill prescription for SUPREP at the pharmacy.

SUPREP Bowel Prep Kit is taken as a split dose (2-day) regimen. You take the first 6-ounce bottle of SUPREP the evening before your colonoscopy and the second 6-ounce bottle of SUPREP in the morning of your colonoscopy. It is important to drink the additional water as recommended in the Instructions for Use. Both 6-ounce bottles are required for a complete prep.

THE DAY BEFORE THE PROCEDURE: Breakfast, Lunch and Dinner- You can have clear liquids only- chicken or beef broth, tea, black coffee, jello, Gatorade, sodas, Kool Aid, hard candy, juices and popsicles. (NOTHING WITH RED DYE).

At 6PM, pour one (1) 6 oz. bottle of SUPREP liquid into the mixing container. Add cool drinking water to the 16 oz. line on the container and mix. Drink all the liquid in the container. You must drink two (2) more 16 oz. containers of water over the next one (1) hour.

THE DAY OF THE PROCEDURE: At least 4 hours before the exam, repeat these steps. Pour one (1) 6 oz. bottle of SUPREP liquid into the mixing container. Add cool drinking water to the 16 oz. line on the container and mix. Drink all the liquid in the container. You must drink two (2) more 16 oz. containers of water over the next one (1) hour and be sure to finish the prep at least 3 hours before the exam.

Someone you know must drive you home. (No Taxi/Uber or Bus unless accompanied by someone). Bring the list of medications that you take. You can take approved medications at 6:00 AM with few sips of water. You may continue to drink clear liquids only until 4 hours before the procedure. Please leave the valuables at home or with the person accompanying you. The facility is not responsible for any valuables brought to the facility. You may expect to spend approximately 2-3 hours from the time you check in to the time you leave. After the procedure, you are advised not to return to work, not drink alcohol, operate any machinery or not sign any important documents, rest of the day.

For more information, visit **www.sripathikethumd.com**