

INSTRUCTIONS FOR COLONOSCOPY WITH SUPREP-SPLIT – DOSE

- 1. Medication:** Please notify us if you are on the following medications: **Plavix, Aggrenox, Pletal (cilostazol), Coumadin (Warfarin), Pradaxa, Effient, Xarelto, Brilinta or Elikvis.** You will need to hold these medications **5 days prior to your procedure.** Please verify with your cardiologist or PCP whether these medications are safe to hold due to your medical condition. You should not use **Lovenox** the day of your procedure. If you are Diabetic, please consult your primary care physician regarding your medication and diet. **You may continue to take all other medications.** Please call our office with any questions you may have.
- 2. Diet:** The day before colonoscopy, consume **CLEAR LIQUIDS ONLY! DO NOT EAT ANYTHING SOLID!** Avoid dairy products and anything that is red! Drink plenty of fluids all day. Examples: **water, tea, clear sodas, Gatorade, clear fruit juices (no pulp), beef or chicken broth, Jell-O and popsicles.** You may have coffee without cream.
- 3. Prep Instructions: NIGHT BEFORE AT 6 PM:** Mix (1) one bottle of concentrate with 10 oz. of water in the 16 oz. cup provided and drink the entire 16 oz. (You may mix & refrigerate in the morning if you prefer it chilled). Follow with (2) two 16 oz. cups of water within 1 hour. **MORNING OF PROCEDURE: 5 ½ hours prior to your procedure time** drink the second dose of the prep. Follow again with (2) two 16 oz. cups of water within 1 hour. **YOU SHOULD BE FINISHED DRINKING AT LEAST 4 HOURS PRIOR TO YOUR SCHEDULED PROCEDURE TIME. DO NOT HAVE ANYTHING ELSE TO DRINK 4 HOURS BEFORE THE PROCEDURE.** Please remove all jewelry prior to the procedure.
- 4. Transportation:** You must have someone you know drive you home. Taxicabs are buses are not acceptable. You may **not** walk home. You can expect to be at the facility 2-3 hours from your arrival time.

PLEASE CALL YOUR PHYSICIAN'S OFFICE 48 HOURS IN ADVANCE IF YOU NEED TO CANCEL OR RESCHEDULE

Plano (469)800-6020 Garland (469)800-2010 Carrollton (469)800-1130 Frisco (469)800-6020 Wylie (469)800-2010