

BAYLOR AMBULATORY ENDOSCOPY CENTER

4708 Alliance Blvd, Suite 210

Plano, Texas 75093

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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 Eliquis.** These medications will need to be held **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 or Fragmin** the day of your procedure. You should avoid taking any NSAID's i.e. Ibuprofen, Advil, Motrin, Aleve, Naproxen. Aspirin. If you take a baby aspirin, you should continue it unless recommended otherwise by your cardiologist or PCP. 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! Avoid dairy products and anything that is red!!** Drink plenty of fluids all day. Examples: **water, tea, sodas, Gatorade, strained fruit juices (no pulp), beef or chicken broth, Jell-O and popsicles.**

3. **Prep Instructions: DAY BEFORE:** Prepare the first dose of **SUPREP** in the morning. You may refrigerate. You will begin your first dose at 6:00 p.m. When finished drink (2) two 16 oz. cups of water. **MORNING OF PROCEDURE:** 5 hours prior to your procedure time drink the second dose of the prep. Follow again with (2) two 16 oz. of water. Be sure to drink clear liquids between doses of prep to ensure adequate hydration. You should be finished drinking at least 4 hours prior to procedure time.

YOU SHOULD NOT HAVE ANYTHING ELSE TO DRINK 4 HOURS PRIOR TO THE PROCEDURE. Please remove all jewelry prior to the procedure.

4. **Transportation:** You must have someone you know drive you home. Taxicabs are not acceptable. You can expect to be at the facility 2-3 hours from your arrival time.

Please report to:

Baylor Ambulatory Endoscopy Center, 4708 Alliance Blvd., Pavilion I, Suite 210, Plano, TX. 75093. (469)800-6021 (www.baylorendoscopycenter.com) Please print, fill out and bring with you the BAEC patient packet from the website.

PLEASE CALL THE OFFICE 48 HOURS IN ADVANCE IF YOU NEED TO CANCEL OR RESCHEDULE THE PROCEDURE. (469) 800-6020.