



# Baylor Scott & White

COLON & RECTAL SURGICAL CONSULTANTS  
OF NORTH TEXAS

PLANO

*A member of HealthTexas Provider Network*

Sarah Y. Boostrom, MD, FACS  
Kristeen Grmela, PA-C  
LaHoma Privitera, MSN, APRN, AGNP-C

469.800.4770  
469.800.4778 Fax

Your colonoscopy is scheduled: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

Baylor Surgicare at Plano

1701 Ohio, Dr.

Plano, TX 75093

214-291-3000

North Central Surgical Center

9301 North Central Expwy, Ste. 670

Dallas, TX 75231

214-265-2832

## SUPREP PREP SPLIT DOSE

Please follow these instructions to prepare:

◆ For SEVEN DAYS prior to surgery, NO ASPIRIN PRODUCTS. You may take Tylenol.

\* If you are a diabetic or on blood thinning medication such as Plavix, Aspirin, Coumadin, Motrin, Nuprin, Advil or Other anti-inflammatory drugs, Inform the doctor **NOW**.

\*Prep has been called into your pharmacy.

Starting In the morning the day before your colonoscopy. (You can have breakfast if you are not constipated)

1. Begin a clear liquid diet. This consists of items such as tea, coffee, clear sodas, clear broth, plain jello, apple juice, white cranberry juice, white grape Juice, and hard candy. **Nothing red or purple. No Dairy.**
2. That evening (5:00pm or 6:00pm) Pour one (1) 6-ounce bottle of Suprep liquid into the mixing container. Add cool drinking water to the 16-ounce line on the container and mix. Drink all the liquid in the container. You **MUST** drink two (2) more 16-ounce containers of water over the next 1 hour.
3. Nothing after midnight except your SUPREP the morning of your colonoscopy.

## The day of your colonoscopy:

1. At **4 hours before** your arrival time, pour One (1) 6-ounce bottle of Suprep Liquid into the mixing container. Add cool drinking water to the 16-ounce line on the container and mix. Drink all the liquids in the container. You **MUST** drink two (2) more 16-ounce containers of water over **next 1 hour. Finish liquids 3 hours** before your colonoscopy.
2. You may take your usual medications with a small amount of water.
3. No Breakfast. **(If your scope is later in the day you may have clear liquids UP until 3 hours prior to your colonoscopy.**
4. Someone will need to come with you to drive you home.

If you have any questions, please call 469-800-4770