



281-762-6300

## Colonoscopy Prep

"If all Else Fails"

Date of Procedure \_\_\_\_\_ Arrival Time: \_\_\_\_\_

- Register at the location of your procedure as indicated below at least 2-3 days prior to your procedure.
  - Memorial Hermann Sugar Land Hospital
  - Methodist Sugar Land Hospital
  - Sugar Land Surgical Hospital
  - Memorial Hermann Sugar Land Ambulatory Surgery Center (ASC)

***Because you will be receiving anesthesia that can impair your memory and the fact that we do not receive Pathology results until two business days after your procedure, please contact our office two business days following your procedure to obtain results.***

### Medications the day of the Procedure

- If you take Blood Pressure or heart medication, take your medication the morning of your procedure with a small sip of water. All other medication can be taken later in the day after the procedure.
- For diabetic patients:  
\_\_\_\_\_
- If you are on blood thinner medication:  
\_\_\_\_\_

- **Clear liquids ONLY** on \_\_\_\_\_ and \_\_\_\_\_. Clear Liquids permitted are: Water, Broth, Bouillon, Jell-o, Black Coffee, Tea, Apple Juice, Grape Juice, Gatorade, Cranberry Juice and Soda.
- You **MAY NOT** have any solid food, Orange Juice, Grapefruit Juice, Tomato Juice, Pineapple Juice, Milk or Alcohol.
- On \_\_\_\_\_ purchase one bottle of Miralax at your local pharmacy and take 1 dose every 2 hours starting at 10:00am with the last dose taken at 8:00pm  
***(This can be purchased over the counter at your local pharmacy)***
- On \_\_\_\_\_ follow the prep on the following page.

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## **SUPREP**

(Kit contains 2-6oz bottles and a mixing container)

Day before the procedure \_\_\_\_\_ at \_\_\_\_\_pm

- **Step One** : Pour one 6 oz. bottle of SUPREP liquid into mixing container
- **Step Two**: Add cool drinking water to the 16 oz. line on the container & mix.
- **Step Three**: You must drink 2 more 16 oz. containers of water over the next hour.

Day before the procedure \_\_\_\_\_ at \_\_\_\_\_pm

- Repeat steps one through four using the other 6 oz. bottle.

**Nothing by mouth after midnight**