



Bay Area Houston

Gastroenterology Associates

SUPREP Bowel Prep Instructions

You are scheduled for a **COLONOSCOPY** on _____.

Your procedure is scheduled at Bay Area Houston Endoscopy Center at 1015 Medical Center Blvd., Suite 1200. Arrive at _____.

Your procedure is scheduled at Memorial Hermann Southeast Hospital at 11800 Astoria Blvd., Outpatient Services 2nd floor. Arrive at _____.

Follow these instructions below. DO NOT FOLLOW THE INSTRUCTION BOOKLET INSIDE THE PREP KIT. If you have any questions or this time is not convenient, please call our office (281) 338-2861.

DAY BEFORE THE EXAMINATION:

DATE:

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- CLEAR LIQUID DIET for breakfast, lunch and dinner. Sample menu is below. NO SOLID FOODS.

FIRST DOSE: Begin Step 1 at 1:00pm the afternoon before your procedure and proceed as directed:

1. Pour ONE (1) 6-ounce bottle of SUPREP liquid into the 16-ounce cup provided.
2. Add cool drinking water to the 16-ounce fill line on the cup and mix.
3. Drink ALL the liquid in the container/cup.
4. Drink TWO (2) additional 16-ounce cups of water over the next 1 hour.

SECOND DOSE: Begin Step 1 at 6:00pm the evening before the procedure and proceed as directed:

1. For this dose: repeat Steps 1 through 4 as shown above with the remaining 6-ounce bottle of SUPREP.

PLEASE CALL OUR OFFICE IF YOU ARE UNABLE TO TOLERATE THE PREP OR DEVELOP VOMITING. DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.

DAY OF THE EXAMINATION:

DATE:

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- **AFTER THE TEST, YOU WILL NOT BE ABLE TO DRIVE OR WORK THE REMAINDER OF THE DAY. PLEASE ARRANGE FOR TRANSPORTATION FROM THE ENDOSCOPY CENTER. YOU MAY NOT TAKE PUBLIC TRANSPORTATION.**
 - Please take all heart and lung medications. Do not take insulin or diabetic medications.
 - Take the day off from work and do not make any major decisions.
 - Please bring your insurance card, medication lists, and referral forms with you.
 - Leave jewelry, cash, and personal belongings of value at home.

SAMPLE MENU:

Beef or chicken broth (**NO NOODLES, VEGGIES, OR MEAT**). Clear fruit juice: apple, white cranberry, white raspberry, or white grape. Popsicles, Jello-O, Kool-Aid (**NO RED**). Black coffee, tea, water, ginger ale, Gatorade, Sprite/7-Up. (**NO MILK, CREAM, ORANGE OR TOMATO JUICE**).