

## PREPARATION FOR COLONOSCOPY/EGD

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

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Telephone number: (817) 468-7200

PROCEDURE TIME: \_\_\_\_:\_\_\_\_ am/pm

ESTIMATED ARRIVAL TIME: \_\_\_\_:\_\_\_\_ am/pm (subject to change)

**\*\*ALL SCHEDULED PROCEDURES INVOLVING ANESTHESIA WILL REQUIRE PRE-PROCEDURAL COVID-19 TESTING. THIS WILL TAKE PLACE 48-72 HOURS PRIOR TO PROCEDURE\*\***

YOU WILL BE RECEIVING ANESTHESIA FOR YOUR PROCEDURE(S). YOU WILL NEED TO ARRANGE TRANSPORTATION TO DRIVE YOU TO AND FROM THE FACILITY. (Must be 18 yrs or older)

**THE DAY BEFORE YOUR PROCEDURE(S) ABIDE BY A CLEAR LIQUID DIET STARTING AT 8:30 am:**

- ABSOLUTELY NO SOLID FOODS OR DAIRY PRODUCTS THE DAY BEFORE YOUR PROCEDURE
- NO RED, ORANGE OR PURPLE LIQUIDS
- LIQUIDS YOU MAY CHOOSE FROM: (keep very hydrated)

Water, Flavored/Carbonated	Gatorade, Powerade, G2	Any flavor of Broth/Bullion
Jell-O (plain) (Yellow or Green)	Any types of Tea	Black Coffee (no dairy)
Popsicles (only yellow or green)	Carbonated Soft Drinks (clear)	Non-carbonated Drinks (clear)
<b>Clear</b> hard candy	Frozen Tea or Frozen Lemonade	Strained Fruit Juices (no red)

**\*\*DIABETIC PATIENTS:** If you are a diabetic, it is important to monitor your blood sugar while doing the clear liquid diet and bowel preparation. You should take only ½ of your usual dose of insulin and avoid metformin the day before your procedure. You should not take any diabetic medications on the morning of your procedure. Please be sure to check your blood sugar at home, at all meals, at bedtime and on the morning of your procedure.

**Suprep Bowel Prep Instructions:** (refrigerate prior to drinking for better taste)

1. **FIRST DOSE will start at 6:00 pm the evening before** – Pour one 6oz bottle of solution into the cup provided then fill to the fill line with water/clear liquid. Drink in its entirety and follow with at least 32oz of water/clear liquids.
2. **SECOND DOSE will start 4 hours prior to arrival time** – Pour remaining 6oz bottle of solution into the cup provided then fill to the fill line with water/clear liquid. Drink it its entirety and follow with at least 32oz of water. Stop drinking fluids 3 hours prior to arrival.

**If your Suprep bowel prep kit is not covered at your pharmacy, please contact our office for further instruction.**

**\*\*DO NOT HAVE ANYTHING BY MOUTH 3 HOURS BEFORE YOUR PROCEDURE\*\***

Trinity Park Surgery Center: 3501 Matlock Rd. Arlington, TX 76015  
Baylor Surgicare at Mansfield: 280 Regency Parkway Mansfield, TX 76063  
USMD at Arlington: 801 W Interstate 20 Arlington, TX 76017  
Methodist Southlake Hospital: 421 E State Hwy 114 Southlake, TX 76092  
Baylor Regional Medical Center at Grapevine: 1650 W College St. Grapevine, TX 76051