

SUCLEAR Preparation for a Colonoscopy

COLONOSCOPY:

In order to achieve an accurate evaluation of our lower gastrointestinal (GI) tract, it is important that you properly prepare for the procedure. Doctors are able to obtain the clearest view of the bowel when it is flushed completely free of waste materials. The thoroughness of this depends on you. Without your cooperation, the examination cannot accomplish its purpose and may have to be repeated.

Five (5) Days Before Procedure:

- **DO NOT DRINK ALCOHOL FOR (5) DAYS PRIOR TO YOUR PROCEDURE.**
- DO NOT take any aspirin or ibuprofen products. Tylenol (acetaminophen) is allowed.
- Stop taking anticoagulants or blood thinners such as: Coumadin, Naprosyn, Nuprin, Persantine, Plavix, Relafan, or Rufen.

Day Before Procedure: ALL DAY CLEAR LIQUID DIET

- You will need to follow a clear liquid diet throughout the day. Items include: WATER, clear juices without pulp, clear soda, chicken or beef broth, popsicle, Jell-O, tea, coffee, etc. If you are diabetic, drink regular (non-diet) liquids in moderation throughout the day. **ONLY** take half a dose of your diabetes meds (pills or insulin).
- **Avoid FOOD with dairy products, orange juice and anything that is red and purple in color.**
- At 9:00am, fill the 1/2 gallon jug (DOSE 2) with water, shake well with a flavor pack of your choice. This will add flavor to the solution. Chill in the refrigerator until 8pm.
- At 6:00pm, pour the 6 oz. bottle of the liquid solution (DOSE 1) into the container provided in the prep kit. Add cold water to the 16 oz. fill line and mix. Drink the all the solution within 30 minutes. **YOU MUST** drink 2 more 16 oz. container of clear liquid of your choice within 2 hours after drinking the laxative solution.
- At 8:00pm, start drinking an 8 oz. of DOSE 2 every 10-15 minutes until the entire 1/2 gallon is finished. You must be done with drinking the solution by 11pm.
- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.**

Day of Procedure:

- **ONLY take any prescribed heart or blood pressure medications with a sip of water.**
- If you are diabetic: To avoid dangerously low blood sugar, **DO NOT** take your diabetic medications (pills or insulin) the morning of your procedure. You can resume your diabetes medications after the procedure once you have eaten.
- **IF YOUR PROCEDURE IS SCHEDULED AFTER 1:30 PM, YOU MAY HAVE CLEAR LIQUIDS UNTIL 7:00 AM.**
- Plan on being at the facility for approximately 2-3 hours.
- A driver **MUST** accompany you to drive you home after the procedure. You will be sedated for your procedure and will be drowsy for several hours. You may not drive or work 12 hours after the procedure.
- **YOU WILL NOT BE ALLOWED TO DRIVE OR TAKE A CAB.**

Procedure date: _____

Check-In Time: _____ AM/PM

Locations:

- _____ **MEDICAL CENTER OF PLANO**
3901 W. 15th Street-Plano, TX 75075
(Enter thru the ER entrance and go to the Out Patient Registration Desk)
- _____ **PRESTON CROSSING ENDOSCOPY CENTER**
3500 Preston Road, Suite 200-Plano, TX 75093