

**!! DO NOT FOLLOW THE INSTRUCTIONS LOCATED ON THE PREP BOX !!**



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## **Dr. RAJESH PUTCHA PREP INSTRUCTIONS**

Procedure Date and Time: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

Facility: \_\_\_\_\_ (See MAP Attached)

**☆ Do Not Eat Any Nuts, Seeds or Popcorn One Week Prior to Your Procedure ☆**

### **Prep Instructions for Colonoscopy: SUPREP BOWEL PREP**

Your prescription will be sent to GIA pharmacy – 682.707.3760

**GIA Pharmacy will contact you to arrange payment and delivery to your home.**

**A) You will purchase a 238-gram (8.3 OZ) bottle of MiraLAX (over the counter) ☆**

**B) Day PRIOR to Procedure: You MUST be on a clear liquid diet ALL DAY. (NO SOLID FOODS)**

- List of liquids: Tea, Black Coffee (no creamer), coke, sprite, diet sodas, chicken or beef broth, Jell-O, popsicles, apple juice, cranberry juice (natural red), Gatorade, Powerade, and water. **Absolutely NO RED Jell-O or RED/ PURPLE products. No Orange Juice, Milk, Milk Products, or Milk Alternatives.**
- You will need to take any Thyroid, Blood Pressure, Anxiety Medication and only take a **half dose** of your diabetic medication.

**C) At 6pm complete the following 4 STEPS for part 1 of your 2-part prep.**

- Pour 1 6oz bottle of Suprep in the 16oz cup
- Add 10oz of cool water **only** (16oz total)
- Drink an entire 16oz cup. Drink 2 more 16oz of water (**Total of 3 16oz of fluids**)
- **Drink within 1 hour**

**\*\*To ease nausea while drinking prep, try using a straw and/or sucking on a lemon wedge.**

★ **5. At 9:00PM: MIX one 238gram container of MiraLAX in 64 oz of water. Drink half (32oz) of this mixture for over 1 hour. If by 10pm you're still not passing clear liquids, or had a bowel movement drink the other half (32oz) of mixture over 1 hour.**

**D) ☆ Day OF Procedure: 6 HOURS PRIOR TO PROCEDURE**

1. At \_\_\_\_\_ **AM**, Repeat Steps C above for part 2 of your prep using the other 6oz bottle of Suprep
2. You **MUST** have transportation from the facility by an adult member of your family or friend, otherwise your procedure will be Canceled.
3. You may take your **Thyroid, Blood Pressure, and Anxiety Medication** with small sips of water no later than 2 hours prior to your procedure. **DO NOT take your diabetic medications.**
4. **Nothing by mouth 4 hours prior to your procedure.**

**\*\*If you are taking any weight loss medications; Plavix, Coumadin (Warfarin), Lovenox, Eliquis, Xarelto, or any other blood thinners, notify our office (nurses) for instructions as when to STOP these medications before your procedure. If you are taking aspirin 325mg, switch to 81mg 7 days prior to your procedure and stay on this dose leading up to the procedure. If you are already taking 81mg of aspirin, stay on this up until the day prior. STOP any Semaglutides, Fish Oil and Omega-3 at LEAST 7 days PRIOR to your procedure, please refer to the GLP-1 form.**

**Notify Our Office If You Do NOT Have Your Prep Kit One Week Prior To Your Procedure**