

North Texas Gastrointestinal Associates – Shawn W. Panzer, M.D.

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PROCEDURE DATE: _____ **LOCATION:** Texas Health Surgery Center
207 N. Bonnie Brae
Denton Texas, 76201
(940)383-7100

- **PLEASE READ THE FOLLOWING DIRECTIONS CAREFULLY AND FULLY. IF YOU HAVE ANY QUESTIONS PLEASE CONTACT OUR OFFICE AT 940-566-4720.**
- **OUR NURSE, JOY, WILL CALL YOU ONE DAY PRIOR TO YOUR SCHEDULED PROCEDURE DATE AND YOU WILL BE ASSIGNED A TIME ON THAT CALL. IF YOUR PROCEDURE FALLS ON A MONDAY THEN SHE WILL CALL YOU ON FRIDAY.**

YOUR PREPARATION (PREP) DATE IS: _____

BEGINNING WHEN YOU AWAKE ON THE MORNING OF YOUR PREP DAY YOU WILL ONLY BE ALLOWED TO HAVE THE FOLLOWING LIQUIDS UP TO MIDNIGHT, THEN NOTHING UNTIL AFTER YOUR PROCEDURE(S) EXCEPT WATER TO BRUSH YOUR TEETH AND/OR TO TAKE APPROVED MEDICATIONS.

APPROVED CLEAR LIQUID DIET:

- WATER
- Gatorade, Propel, Vitamin Waters, etc- PLEASE AVOID RED, BLUE, PURPLE-DYED PRODUCTS
- Sodas- Sprite, 7-UP, Ginger Ale, Colas & Diet Colas, Root Beer
- Juices- Apple, White Grape (NO JUICES W/ PULP OR RED, BLUE, AND PURPLE JUICES)
- JELLO-O GELATIN- AVOID RED, PURPLE, AND BLUE-DYED PRODUCTS
- Broths- Chicken, Beef, or Vegetable bullions– NO SOLID SUCH AS NOODLES, POTATOES, ETC.
- Coffee & Tea – Sugar OK but NO CREAMER, MILK OR HALF-N-HALF

Beginning at **4:00 PM** you will take your first dose of Osmo-prep as follows:

Take four (4) tablets with 8 ounces of clear liquids every 15 minutes until you have taken 20 tablets. You may break the tablets in half or thirds. **DO NOT CRUSH OR CHEW THE TABLETS OR TRY TO DISSOLVE THEM.**

Please refer to Dosing Schedule on Page 2...

DOSING SCHEDULE BELOW:

Time:

4:00 PM – 4 tablets + 8 oz water

4:15 PM – 4 tablets + 8 oz water

4:30 PM – 4 tablets + 8 oz water

4:45 PM – 4 tablets + 8 oz water

5:00 PM - 4 tablets + 8 oz water

Starting at **6:00 PM** you will start the second dose of tablets.

Time:

6:00 PM – 4 tablets + 8 oz water

6:15 PM – 4 tablets + 8 oz water

6:30 PM - 4 tablets + 8 oz water

Instructions for Patients undergoing Colonoscopy using Suprep®, Half-Lytely®, or Go-Lytely® below:

- Get the prescription filled at your pharmacy no less than 2 days prior to your procedure date.
- Please follow the instructions given to you by our office and not those instructions that you may find included with the preparation packaging.
- The day before your procedure, you may only have clear liquids. You must drink as much clear liquids as possible so that you do not risk dehydration.
- Mix the laxative preparation using the handout given to you in the office or that was faxed to your pharmacy with your prescription.
- After completing the laxative preparation, you may continue to drink clear fluids until midnight prior to your procedure. **DO NOT CONSUME SOLIDS OF ANY KIND.** If you should begin to vomit, stop drinking the preparation for 20-30 minutes and then try to finish the laxative preparation. If you are unable to finish the bowel preparation due to vomiting, call 940-566-4720 and ask for Joy.

SUPREP® BOWEL PREP

When you awake on your preparation date we ask that you start a clear liquid diet and remain on it up until midnight before your Colonoscopy. Please note: **YOU ARE NOT ALLOWED TO EAT SOLID FOODS** in order to allow for the maximum prep results. Not following directions can lead to poor results which means the need to repeat the Colonoscopy at a much sooner-than-necessary-date and at your expense and time. (See **Approved Clear Liquid Diet on Page 1**)

At 5:00 pm

Complete Steps 1 – 4 using one (1) bottle in your Suprep® kit.

1. Pour one (1) 6-ounce bottle of Suprep® liquid into the enclosed cup from your kit.
2. Add cold drinking water to the 16-ounce line on the cup and mix well.
3. Drink **ALL** the liquid in the cup **within 15 minutes**, if possible.
4. You **MUST** drink two (2) more 16-ounce cups of water over the next hour.

At 8:00 PM

Repeat Steps 1 – 4 using the other 6-ounce bottle of Suprep® in your kit.

You may continue to drink liquids up until midnight. Please see information, below, regarding taking your approved medications on the day of your procedure.

Be sure and finish ALL of the prep solution and water. Both 6-ounce bottles are required for a complete prep.

MEDICATIONS

1. If you are taking **Coumadin® (Warfarin), Clopidogrel® (Plavix), Pradaxa®**, or other blood thinners, we will contact your prescribing Physician for instructions on when to stop taking these medications. Typically, these meds are stopped 5 days prior to your procedure.
2. If you are taking medication for **high blood pressure, seizures, or thyroid disease** you may take these meds on the morning of your procedure with a sip of water only.
3. Do not take any water/fluid pills until after the completion of your procedure.
4. **IF YOU HAVE DIABETES AND...**
 - You take a pill to lower your sugar... **DO NOT TAKE IT ON THE DAY OF YOUR PROCEDURE.**
 - You are taking regular Insulin (R) **DO NOT TAKE IT ON THE DAY OF YOUR PROCEDURE.**
 - You are taking long-acting Insulin (NPH), you should take **HALF** of your prescribed dose on the morning of your procedure.
 - You are taking any other Insulin preparation such as **Lantus, Humalog, or 70/30 insulin**, please bring it with you to the hospital to take following your procedure.
5. If you are having an Upper Endoscopy (EGD) you may have solid foods until midnight before your procedure.
6. If you are having a Colonoscopy please follow the attached Colonoscopy prep instructions.
7. Please be aware that everyone responds differently to the laxative preparation. Using your best judgment, you should make allowances for frequent trips to the restroom on your prep day once you've started the medication. Avoid strenuous or outdoor activities where there are no restroom facilities.

8. Airline travel is not advised for at least 24 hours following any procedure where the risk of blood loss could occur. The hospital will go over procedure risks once you reach the outpatient surgery department.

General Endoscopy Instructions

You will be receiving I.V. (Intravenous) sedation. You must have an adult companion (Family member or Friend) to take you home. You are not allowed to drive or leave the facility alone or take public transportation by yourself (bus, taxi, or train). The actual procedure lasts approximately 30-45 minutes, but you **MUST REMAIN IN THE HOSPITAL** until you recover from sedation. On average, most Patients are discharged within 3 hours after they arrive. Your chosen ride must pick you up at the hospital at the time of your discharge.

If you need to reschedule or cancel your scheduled procedure, or have any medical questions about any of these instructions, please call 940.566.4720.

Please Note Regarding the Colonoscopy Procedure...

It is extremely important to follow the preparation instructions listed on the previous pages so that the Doctor will be able to have full visualization of your colon. Your colon **MUST** be clear of any stool. Inadequate preparation limits the value of this procedure and could necessitate another procedure much sooner than would normally be advised, and at your considerable time and expense.

If you need to reschedule or cancel your procedure appointment, or if you have any medical questions regarding the above instructions, please contact our Endoscopy Nurse Coordinator, Joy, at 940-566-4720.