

Yuma Gastro
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1390 W. 16th Street, Yuma, AZ 85364
Phone (928) 344-4325 Fax (928) 344-3084

SuPrep Bowel Preparation

Patient Name: _____

Day and Date of colonoscopy: _____

Arrive at: _____ *A 48 hr. notice is required for cancellation of procedure or a \$30 fee will be issued. *

- | | | |
|---|--|--|
| <input type="checkbox"/> Yuma Endoscopy Center
2261 S Avenue B
(928) 318-2052 | <input type="checkbox"/> YRMC
2400 S Avenue A
(928) 336-2000 | <input type="checkbox"/> Focused Imaging of Arizona
2270 Ridgeview Dr. #127
(928) 317-0470 |
|---|--|--|

You **MUST** have someone remain with you at the facility until you are discharged and drive you home. If you do not, the procedure will NOT be done.

MEDICINE: Seven days prior to exam, stop iron.

PURCHASE: 2 Dulcolax tablets (5mg each), and fill prescription for SuPrep at any pharmacy. If you prefer brand name, advise your pharmacy.

Day before Exam

- May eat a light breakfast by 9 a.m.
- STOP any chewing tobacco products by 9 a.m.
- **NO SOLID FOOD INTAKE AFTER 9 a.m., Clear liquids only.**
- **Diabetic Medications:** Take half the usual dosage of insulin or pills.
- **Other Medications:** Take as scheduled (at normal times).

12:00 PM, Day Before Exam

- Take 2 Dulcolax tablets with a large glass of clear liquid.

Evening Before Exam

- **At 6pm,** pour one (1) 6-ounce bottle of SuPrep liquid into the mixing container. Add cool drinking water to the 16-ounce line on the container and mix. Drink **ALL** of the liquid in the container.
- You **MUST** drink two (2) more 16-ounce containers of water within the next 1 hour.

Morning of Exam Please wear comfortable enclosed shoes (no flip flops, no high heels, etc.).

- Refrain from smoking the day of your procedure
- **FIVE hours prior to your exam,** pour the remaining 6-ounce bottle of SuPrep liquid into the mixing container. Add cool drinking water to the 16 ounce line on the container and mix. Drink **ALL** of the liquid in the container.
- You **MUST** drink two (2) more 16-ounce containers of water within the next 1 hour.
- **STOP DRINKING LIQUIDS and CHEWING GUM and take your blood pressure and heart medications only THREE (3) hours before your exam.**
- **No Diabetic Medications until after your procedure.**

If you have any questions call Yuma Gastro at (928) 344-4325.

CLEAR LIQUID is any liquid that you can see through. Examples: apple juice, white grape juice, sports drinks, chicken or beef bouillon, and jello (No fruit, toppings, red or purple jello). Do not drink milk or juices with pulp. Avoid red and purple drinks.