

Please read these instructions carefully. Following are the preparation instructions for the gastrointestinal procedure that has been requested by your doctor. If you have questions, please call 913-601-3626 or 913-601-3613 during business hours.

DATE: _____ CHECK-IN-TIME: _____ PROCEDURE TIME: _____

PLACE: _____ ENDOSCOPIC IMAGING CENTER, 10200 West 105th Street, Suite 100

_____ ST. JOSEPH MEDICAL CENTER, 1000 Carondelet Drive, Check in at Building B-Medical Mall

_____ OVERLAND PARK SURGERY CENTER, 10601 Quivira Road

_____ OVERLAND PARK REGIONAL MEDICAL CENTER, 10500 Quivira Road, Check in at Main Entrance

Step 1: Seven days before the procedure, do not take any iron medications, multivitamins with iron, aspirin, ibuprofen (Advil, Motrin), or naprosyn (Aleve). It is okay to use Tylenol as needed. Continue to take all your medications except Coumadin or other blood thinning agents. If you are unsure whether your medication thins your blood, please call our office to ask.

Step 2: Three days before the procedure do not eat corn, tomatoes, cucumbers, nuts, popcorn, or other food items with seeds.

Step 3: The day **BEFORE** your procedure, you will need to be on a clear liquid diet **ALL DAY LONG**. Clear liquid consists of water, tea, coffee (without cream or milk), soda, clear juices (i.e. apple, pure cranberry, or white grape), broth, bouillon, popsicles, Jell-O, and sports drinks. (NO red, blue, or purple dye in the liquids).

Step 4: The night **BEFORE** your procedure, at 4PM begin drinking the first dose of prescription laxative as follows:



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.

NOTE: Be sure to dilute SUPREP as shown before you drink it.



Drink **ALL** the liquid in the container. We recommend putting it on ice and consider drinking it through a straw. Use of lemon drops or Jolly Ranchers (not red or blue) may help with the taste.



You **MUST** drink two (2) more 16-ounce containers of water over the next 1 hour. We recommend you drink the water from a different cup.

Step 5: The day **OF** your procedure:

At _____ AM the day of your procedure, repeat steps 1 through 4 as shown at left.

If you drink/eat ANYTHING 5 hours prior to your check-in time on the day of your procedure, your procedure CANNOT be done.

Do not chew gum or tobacco. If you currently take blood pressure and/or cardiac medication in the morning, take it early the morning of the procedure with a small amount of water. Resume the rest of your medication **after** the procedure is complete.

YOU WILL BE MEDICATED FOR THIS PROCEDURE. IT IS NECESSARY TO HAVE SOMEONE STAY WITH YOU AT THE APPOINTMENT AND DRIVE YOU HOME. YOU WILL NOT BE ABLE TO DRIVE OR GO BACK TO WORK THE REST OF THAT DAY.

48-HR CANCELLATION REQUESTED. A NO-SHOW TO YOUR APPT WILL BE SUBJECT TO A CHARGE. PLEASE BRING YOUR INSURANCE CARD AND A PHOTO ID TO THIS APPOINTMENT.

We encourage clear liquids as desired until you start the second dose--after the second dose do not drink until after procedure.