



## SUPREP PREPARATION FOR CAPSULE

Patient Check-In Time \_\_\_\_\_ Patient Procedure Date \_\_\_\_\_  
*(Please note: Patient Check-In Time is not the procedure time!)*

### The location where your procedure will take place:

- The G.I.Center, 109 Parking Way, Lake Jackson, TX 77566**  
 \*\*The front door opens at 6:30 a.m.  
 \*\*If you need to cancel or reschedule your procedure, please call 979-292-0033  
 \*\*\*Our office requires a 24 hours notice if you are going to cancel or reschedule your appointment otherwise a \$100.00 cancellation fee will be billed to you.
- Your GI Center at Pearland (Pearland Premier Surgery Center)**  
**2813 Smith Ranch Road, Pearland, TX 77584**  
 \*\* The front door opens at 7:00 a.m.  
 \*\* If you need to cancel or reschedule your procedure, please call (713) 436-8171  
 \*\* 24 Hour notice still required to avoid \$100.00 fee for canceled or rescheduled procedure
- Hospital \*\* 24 hour notice still required to avoid \$100.00 fee for rescheduled or canceled procedures

### Patient Check List

- Purchase two Dulcolax laxative tablets and Suprep (prescription given) from your local pharmacy.

### INSTRUCTIONS ON YOUR PREPARATION FOR THE CAPSULE ENDOSCOPY.

- Two days before Capsule:
  - Take 2 Dulcolax tabs by mouth by 5 PM
  - Regular Diet this day.
- The day before your Capsule:
  - Eat lunch by 12 Noon, after lunch drink only clear liquids the rest of the day
  - At 7:00 PM drink one dose of Suprep followed by 1 large glass of clear liquid.
- The day of your Capsule:
  - Take one dose of Suprep, 2 hours before your procedure, followed by five, 8 ounce glasses of clear liquid

**CLEAR LIQUID DIET AS PER WRITTEN INFORMATION PROVIDED ON THE FOLLOWING PAGE.**

**IF YOU ARE EXPERIENCING LOW SUGAR SYMPTOMS, IMMEDIATELY TAKE SOME SUGAR SOLUTION OR CLEAR JUICE SUCH AS APPLE JUICE.**

**NO SMOKING AFTER MIDNIGHT.**

**DO NOT TAKE FISH OIL, VITAMIN A, OR ANY OTHER OIL BASED MEDICATION OR VITAMINS FOR 3 DAYS PRIOR TO YOUR PROCEDURE.**

**w w w . y o u r g i c e n t e r . c o m**

Pearland  
2813 Smith Ranch Rd  
Pearland, TX 77584  
713-436-8171

Friendswood  
1305 Parkwood Ave  
Friendswood, TX 77546  
832-808-9872

Lake Jackson  
109 Parking Way  
Lake Jackson, TX 77566  
979-292-0033

Bay City  
720 Avenue F North  
Bay City, TX 77414  
979-292-0033

# CLEAR LIQUID DIET

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed. No red or purple liquids should be consumed!

Food Group	Foods Allowed	Foods to Avoid
<b>Milk &amp; beverages</b> <i>No red or purple liquids!</i>	Tea (decaffeinated or regular), carbonated beverages, fruit flavored drinks	Milk, Milk drinks
<b>Meats &amp; meat substitutes</b>	None	All
<b>Vegetables</b>	None	All
<b>Fruits &amp; fruit juices</b>	Strained fruit juices: apple, white grape, lemonade	Fruit juices with unstrained fruit
<b>Grains &amp; starches</b>	None	All
<b>Soups</b>	Clear broth, consommé	All others
<b>Desserts</b>	Clear flavored gelatin, popsicles (no red or purple flavors)	All others
<b>Fats</b>	None	All
<b>Miscellaneous</b>	Sugar, honey, syrup, clear hard candy, salt	All others
<b>Breakfast</b>	Lunch	Dinner
<b>White grape juice</b>	Apple Juice	Lemonade
<b>Clear broth</b>	Clear broth	Clear broth
<b>Jell-O<sup>®*</sup></b>	Jell-O <sup>®*</sup>	Jell-O <sup>®*</sup>
<b>Tea</b>	Tea	Tea
<b>*plain only, no fruit or toppings</b>	<small>Jell-O is a registered trademark of Kraft General Foods, Inc.</small>	

[www.yourgicenter.com](http://www.yourgicenter.com)

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