



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 \$200.00 cancellation fee will be billed to you.
- Your GI Center at Pearland (Pearland Center)**
2404 Smith Ranch Road #200, 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 \$200.00 fee for canceled or rescheduled procedure
- Hospital ** 24 hour notice still required to avoid \$200.00 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.
- Nothing to drink after midnight or your procedure will be delayed.

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.

www.yourgicenter.com

Pearland
2404 Smith Ranch Rd#200
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 |
|---|--|------------------------------------|
| Milk & beverages <i>No red or purple liquids!</i> | Tea (decaffeinated or regular), carbonated beverages, fruit flavored drinks | Milk, Milk drinks |
| Meats & meat substitutes | None | All |
| Vegetables | None | All |
| Fruits & fruit juices | Strained fruit juices: apple, white grape, lemonade | Fruit juices with unstrained fruit |
| Grains & starches | None | All |
| Soups | Clear broth, consommé | All others |
| Desserts | Clear flavored gelatin, popsicles (no red or purple flavors) | All others |
| Fats | None | All |
| Miscellaneous | Sugar, honey, syrup, clear hard candy, salt | All others |
| Breakfast | Lunch | Dinner |
| White grape juice | Apple Juice | Lemonade |
| Clear broth | Clear broth | Clear broth |
| Jell-O^{®*} | Jell-O ^{®*} | Jell-O ^{®*} |
| Tea | Tea | Tea |
| *plain only, no fruit or toppings | <small>Jell-O is a registered trademark of Kraft General Foods, Inc.</small> | |

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