

## SUPREP PREPARATION FOR CAPSULE

Patient Check-In Time \_\_\_\_\_ Patient Procedure Date \_\_\_\_\_

Location where your procedure will take place:

Your G.I. Center in Lake Jackson, 109 Parking Way, 77566

\*If you need to cancel or reschedule your procedure, please call 979-292-0033

Your G.I. Center in Houston, 12951 South

Freeway, 77047

\*If you need to cancel or reschedule your procedure, please call 713-436-8171

You Will Need to Purchase:

You will need to purchase: A) Your prep (we sent the prescription to your pharmacy) and B) Dulcolax laxative tablets (over the counter)

Cancellation Policy:

Our office requires a 72 hour notice to cancel or reschedule your appointment. If we are not given 72 hours advance notice, a \$200 cancellation fee will be billed to you.

If you need to cancel or reschedule your procedure, please call the facility your procedure is scheduled to take place at.

### INSTRUCTIONS ON YOUR PREPARATION FOR THE CAPSULE.

- Two days before Capsule:
  - Take 2 Dulcolax tabs by mouth by 5 PM
  - Regular diet this day.
- The day before your Capsule:
  - Eat breakfast by 9am, afterwards CLEAR LIQUID FOR THE REST OF THE DAY.
  - At 7 PM drink one dose of Preparation followed by an 16 ounce glass of water.
- The day of your Colonoscopy:
  - Nothing to eat or drink. Please DO NOT take any medications till after you start your capsule

\*Clear liquids include all of the following that are not colored red or purple. Strained fruit juices without pulp only (apple, white grape, lemonade), water, clear broth or bouillon, coffee (without milk or nondairy creamer), Gatorade, carbonated and noncarbonated soft drinks. Kool-Aid, (or other fruit flavored drinks), plain jello (without added fruit or topping) and ice popsicles. Look under tab for DIETS in our website at [www.yourgicenter.com](http://www.yourgicenter.com) and get detail list of foods for Clear Liquid Diets

\*\*Bowel movements should be liquid and without particles/pieces of solid stool.

- SEE ATTACHED INFORMATION FOR CLEAR LIQUID DIET.
- 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](http://www.yourgicenter.com)

Houston  
 12951 South Freeway  
 Houston, TX 77047  
 713-436-8171

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 No red or purple liquids!	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
Examples of Clear Liquid Diet:		
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	Jell-O is a registered trademark of Kraft General Foods, Inc.	