



October 16, 2017  
Page 1

**Name:**  
**Date of Birth:**

### **WHAT TO BRING AND DO PRIOR TO PROCEDURE:**

- Please bring your PHOTO ID and INSURANCE CARD.
- Please bring a list of your current medications (including non-prescription) and allergies.
- **YOU MUST HAVE A DRIVER 18 YEARS OF AGE OR OLDER WHO WILL ACCEPT RESPONSIBILITY AND DRIVE YOU HOME.** They will be notified when your procedure is over and MUST be present at the time of discharge to receive instructions and teachings. You are NOT allowed to take a bus, taxi, Access a Ride, walk home etc.
- **If you do not have a ride, your procedure will be cancelled or rescheduled.**
- You should plan to be at our facility for at least 2 hours.
- Read prep instructions THOROUGHLY.
- **DO NOT DRINK ANYTHING FOR 3 HOURS BEFORE YOUR PROCEDURE.**

The Wyoming Endoscopy Center is located just North of Digestive Health Associates in New Bedford Square. The address is 7220 Commons Circle, Cheyenne WY 82009

### **SUPREP INSTRUCTIONS**

#### **5 Days prior to your procedure:**

- Discontinue Iron and Fish oil
- If on blood thinners please make us aware, but you will need to consult with prescribing physician for possible hold or alterations of blood thinner (Coumadin, Warfarin, Pradaxa, Xarelto and Eliquis)
- If you are diabetic please see Diabetic Instructions

#### **3 Days prior to your procedure:**

- Discontinue Fiber Supplements
- Begin a low-fiber Diet...please see Diets and Tips

#### **1 Day prior to your procedure:**

- The day before your procedure you may have a light breakfast before 9:00am ( Soft egg, Dried Toast)
- After 9:00am you will begin a clear liquid diet...please see Diets and Tips
- Continue clear liquids for the remainder of the day.



October 16, 2017  
Page 1

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**The day of the procedure:**

- At **6:00am** you will mix the prep accordingly:
  - Step 1: Pour ONE 6oz bottle of Suprep liquid in the mixing container
  - Step 2: Add cool drinking water to the 16oz line on the container
  - Step 3: Drink all the liquid in the container
  - Step 4: You **MUST** drink **TWO** more 16oz containers of water over the next hour
- Continue clear liquid diet
- **Second dose of Suprep will be taken 4 hours prior to your procedure time** . Please follow the above 4 steps..
- You will have 1 hours to consume the second dose of your prep
- You **MUST** be finished with the prep 3 HOURS prior to your procedure
- You may take your morning medications with a sip of water

**3 HOURS PRIOR TO YOUR PROCEDURE YOU MAY NOT HAVE ANYTHING BY MOUTH including  
Clear Liquids, Candy, Mints or Gum**

Please do not bring any valuable items to the Wyoming Endoscopy Center. We will not be held responsible for replacing any lost or misplaced items. Thank you



October 16, 2017  
Page 1

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### **DIET and TIPS**

Bowel Prep is needed to perform an effective Procedure. If your bowel prep is not sufficient it will result in the need to reschedule the procedure as we will not be able to see lesions or polyps.

#### **High Fiber foods to AVOID 3 days prior to procedure:**

- whole wheat or whole grain breads, cereals and pasta
- brown or wild rice, oats, kasha, barley and quinoa
- Fruits (fried and prune juice)
- seeds/nuts and foods containing them, peanut butter
- Dried beans, peas and lentils
- Coconut, Popcorn
- Vegetables ( this includes both raw and undercooked)

#### **Low Fiber ALLOWED:**

- white bread
- white rice, plain white pasta, crackers
- refined hot cereals: such as cream of wheat or cold cereals less than 1 gram of fiber per serving
- pancakes/waffles made from refined flour
- fruit/vegetables juice with little or no pulp, fruit flavored drinks/flavored water
- tender meat, poultry, fish, eggs and tofu
- milk and foods made from milk, yogurt, pudding, ice cream, cheese and sour cream-if tolerated
- butter, margarine, oils and salad dressing without seeds

#### **CLEAR LIQUID DIET**

- water, sports drinks, energy drinks, clear soda's (7-up, sprite, ginger ale) tea, black coffee, juice without pulp
- Clear broths, gelatin, popsicles ( yellow or green)
- sugar, honey, syrup and hard candy
- **DO NO EAT ANYTHING RED OR CONTAINING RED DYE**
- avoid flavors such as: strawberry, cherry, watermelon, grape and orange

**NO SOLID FOODS, NO MILK PRODUCTS, NO ORANGE JUICE and NO ALCOHOL**