

Prep Instructions



**Eddie Flores,
M.D.**



Questions?

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Colonoscopy Prep

Dr. Flores uses: SUPREP and Nulytely. Dr. Flores will decide which to use based on your medical history.

ONE WEEK BEFORE your procedure:

1. Our office will contact you and give you specific instructions based on our protocol, and your prescription will be called in to your pharmacy. If you do not receive instructions from us within three days of the procedure, please give us a call.

THREE DAYS BEFORE your procedure:

1. If you are on blood thinners, contact your primary care physician or cardiologist for consent to be off the medications for 3 days. (Please **DO NOT** stop taking high blood pressure, asthma, seizure, chronic pain, or heart medications.)

ONE DAY BEFORE your procedure:

1. **At 8:00 AM**, you will start on a clear liquid diet. *Clear liquids include: popsicles, Jell-O, broth or bouillon, clear fruit juices, Gatorade, clear sodas, black coffee or tea. **Nothing red, orange, or purple in color, and no milk products.*** Continue to drink as many fluids as you can throughout the day to help keep you hydrated and feeling full.
2. **At 6:00 PM**, begin the 1st dose of your prescription laxative.

THE DAY OF your procedure:

1. Five (5) hours prior to your procedure time, begin the 2nd dose of your prescription laxative.
2. Take your heart, blood pressure, asthma, seizure, and chronic pain medications the day of your procedure with a small sip of water at least 3 hours prior to procedure. You will be completely fasting (including water) usually 3 hours prior to your procedure time.
3. Be sure to follow prep instructions completely to prevent the possibility of having to repeat the process and reschedule the colonoscopy due to inadequate cleansing of the bowel.
4. You must be accompanied by a friend/relative 18 years or older, even if you take public transportation or have rides provided by Medicare or Medicaid. Procedures will be rescheduled if transportation arrangements have not been made for your safe return home.
5. Please leave all valuables at home, as we cannot be responsible for the loss of your valuables.

Upper Endoscopy (EGD) Prep

1. You do not take a prescription laxative. In most cases, you will be asked to fast after midnight the day prior to your procedure.
2. Take your heart, blood pressure, asthma, seizure, and chronic pain medications the day of your procedure with a small sip of water at least 3 hours prior to procedure.

Please contact Dr. Flores' office 48 hours before procedure if cancellation/rescheduling is necessary.

