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☐ COLONOSCOPY **SUPREP PREP** ☐ COLONOSCOPY / EGD
GENERIC (SODIUM SULFATE/POTASSIUM SULFATE/ MAGNESIUM SULFATE)

Your procedure date is:

The facility will give you a call 24-72 hours prior to your procedure date to provide arrival time. Please NOTE: The time you see on Dr.

Tamerisa HEALOW Portal DOES NOT REFLECT the surgery center schedule!!!

Memorial Hermann Kingsland Surgery Center- phone: 281-492-1234
21720 Kingsland Blvd. Ste. 101 Katy, TX. 77450

Memorial Hermann Katy Hospital – Phone- 281-644-7000
23900 Katy Freeway, Katy, TX. 77494

PLEASE READ THE FOLLOWING INSTRUCTIONS CAREFULLY A WEEK BEFORE YOUR PROCEDURE

If you start Blood Thinner or Weight loss medications after scheduling your procedure, or have questions,

Please call our office 281-869-3009

Medications Needed

- 1 Clear bottles of Magnesium Citrate – over the counter
- 1 Box of Suprep- this is a prescribed medication

1. You must have a **RESPONSIBLE ADULT TO DRIVE** you home after the procedure (**NO UBER, NO TAXI**)
2. **PLEASE NOTE THAT WE DO NOT SET THE ARRIVAL TIMES.** You will receive a call from the facility at least 48-75 hours before your procedure with your expected arrival time, **PLEASE CONTACT THE FACILITY DIRECTLY at 281-492-1234** if you have not received a call by 3 pm the day before your procedure.
3. If biopsies are taken, results can take 10-14 days to come in. You must schedule a 3-week post procedure appointment to obtain results. If no post-op is necessary, we may contact you to cancel the appointment.

7 DAYS PRIOR TO PROCEDURE

- **STOP** Iron and Fish Oil Supplements a week before your procedure(s) as they may impair visibility during the procedure.
- If you take **BLOOD THINNERS** like: Aspirin, Plavix/Clopidogrel, Coumadin/Warfarin, Effient, Pradaxa, Eliquis we will obtain authorization from your prescribing physician. We will call you with specific instructions. If we have **NOT** called you within 7 days of your procedure, please call our office immediately at (281)869-3009.
- **DO NOT STOP** heart, blood pressure or other regular medication unless your doctor instructs you to do so.
- You may continue to take aspirin as prescribed, if you are taking it for preventative reasons.
- If you take a prescription type such as diabetic or weight loss medications: **Phentermine, Mounjaro, Saxenda, Naltrexone HCl, and Semaglutide injections like: Wegovy, Ozempic or Rybelsus** you must **hold it for 7 days before the procedure.**
- If you are on oral medication(s), insulin or insulin pump for **DIABETES**, please confirm the pre-procedure protocol set by your **PCP/Endocrinologist** because you may need a change the day before or the day of your procedure(s).

5 DAYS PRIOR TO PROCEDURE

- 5 days prior to your procedure(s) begin to reduce residue in your diet by refraining from eating **nuts, seeds, corn, popcorn, RAW fruits and vegetables, such as lettuce, corn or celery.** (You can have fruits and vegetables only if they are skinless/peeled and cooked). **Discontinue fiber supplements**, such as Metamucil, Citrucel, Fiberall, Benefiber, etc...unless used for maintaining bowel regularity.

1 DAY BEFORE PROCEDURE

- Start on a **CLEAR LIQUID** diet from the moment you wake up and continue all day. **DO NOT eat any solid foods.** (refer to the Clear Liquid on following page)
 - You must complete this prep even if you already have diarrhea.
 - **YOU MAY NOT HAVE** anything **RED** or **PURPLE**
 - If you are on oral medication(s) or insulin for **DIABETES**, take half dose and **HOLD** the morning of your procedure(s). You should drink clear liquids with sugar because you will not be eating solid foods.
- We advise you to monitor your blood sugar levels during this time and before you leave for your procedure(s). Please bring your medications with you on the day of your procedure.

CLEAR LIQUID DIET (1 Day before procedure)

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!!

Foods allowed:

- Clear broth (chicken, beef, vegetable, etc...)
- Black Coffee (no dairy/creamer)
- Tea
- Water (non-carbonated or mineral)
- Jell-O: Lime, Lemon, Peach, Pineapple, Apricot flavors are ok.
- Popsicles (water based)
- Fruit juices: White grape, Lemonade, Apple (NO PULP, NO RED OR PURPLE)

Food to avoid:

- NO dairy products (milk, yogurt, ice-cream, creamy soups)
- NO meats or meat substitutes
- NO vegetables
- NO grains or starches
- NO alcoholic beverages
- NO oatmeal or cream of wheat

Sample Menu

Breakfast:

White grape juice
Clear Broth
Jell-O
Tea

Lunch:

Apple Juice
Clear Broth
Jell-O
Tea

Dinner:

Lemonade (NO PULP)
Clear Broth
Jell-O
Tea



GENERAL HINTS:

- ☐ Try drinking 1 cup of ginger tea before you start to settle your stomach; you can also have ginger tea in between prep drinks.
- ☐ If you are **vomiting**:
→ **Take a break for 30 minutes**, if you do not feel better call us at: (281)869-3009.
- ☐ If you feel **bloated or nauseous**:
→ **Increase time between drinking the prep** i.e. 30 minutes rather than 20 minutes. You can also try drinking the solution with a straw to bypass your taste buds to reduce nausea.
- ☐ You should expect to have > 10 bowel movements/diarrhea within the first 1-2 hours after drinking the solution.
 - If you have not had a bowel movement, you may continue to drink fluids through the evening. Try a warm glass of water or tea and continue to walk to help facilitate movement.
- ☐ **GOAL**: Drink all the solution. Stools should be clear (like apple juice), without any remaining stool.

****If during the procedure it is deemed that you had an inadequate/poor prep, then this may result in a cancellation of the procedure, or you may have to repeat your colonoscopy sooner than would be recommended. ****

PLEASE DISREGARD ANY INSTRUCTIONS ON THE PRESCRIPTION BOX FOLLOW THE INSTRUCTIONS BELOW:

- ☐ **Step 1**-At 4 p.m. drink the 1st bottle of Magnesium Citrate
- ☐ AT 5:00 P.M. the evening before your Colonoscopy: **Follow steps 2-4**
- ☐ **STEP 2**-Mix the contents of the DOSE 1 pouch with at least 16 oz. with cool water or clear choice liquid into the container and mix well. For a better taste, drink through a straw and refrigerate the solution 1 hour prior before drinking. **DO NOT FREEZE**
- ☐ **Step 3- DOSE 1** **at 6:00PM**—Drink and finish the 16oz dose within 30 minutes.
- ☐ **Step 4**- You must refill the 16oz containers with water or clear liquid of your choice and slowly drink over the next 30 minutes. You may continue to drink other clear liquids throughout the evening.
- ☐ **IMPORTANT**: If nausea, bloating, cramping or abdominal pain occurs, pause or slow the rate of drinking the solution and additional water until symptoms diminish.

THE DAY OF THE PROCEDURE

★ NO SOLID FOODS

★ **DOSE 2- Six hours prior** to your procedure arrival time, **REPEAT STEPS 2-4**.

★ **IMPORTANT**: Your stools should be watery, clear/yellow. If your bottom is sore you may use wet washcloth, A&D Ointment, Preparation H or a similar cream.

★ **4 HOURS PRIOR TO YOUR PROCEDURE TIME- YOU MAY NOT DRINK ANY MORE LIQUIDS, INCLUDING WATER**. You may take any necessary prescriptive morning medications with a small sip of water only.



****Follow only directions provided by Dr. Tamerisa's office. Any foods consumed PRIOR to the procedure, or any liquids consumed 4 hours before the arrival time could result in cancellation or reschedule of your procedure****

Any medications like: Ozempic, Mounjaro, Wegovy or Semaglutide require special preparation. Please notify the office if you begin these medications before your procedure.

Patients with kidney disorders, heart conditions, blood thinners, neurological and pulmonary conditions REQUIRE a clearance PRIOR to procedure. Please notify our office and contact your specialist if you require clearance.