

# Prep Instructions

## Colonoscopy Prep

Dr. Kakadia uses preps: MoviPrep, SUPREP, and TriLyte. Dr. Kakadia will decide which prep to use based on your age and medical history.

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## Questions?

Call  
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**SAGEC North**  
150 E. Sonterra Blvd.,  
Suite 250  
San Antonio, TX 78258  
(210) 271-0606

### **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. Stop all aspirin, aspirin products, blood thinners, anti-inflammatory medicines, vitamin E, and vitamins with iron. If you have any aches or pains, you may use Tylenol.  
2. If you are on blood thinners or aspirin, contact your Primary Care Physician or Cardiologist for consent to be off these medication for 3 days. (Please **DO NOT** stop taking high blood pressure, asthma, seizure, 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 4:00 PM**, begin the 1st dose of your prescription laxative.

### **THE DAY OF your procedure:**

1. Take your heart, blood pressure, asthma, and seizure heart medications the day of your procedure with a small sip of water, unless otherwise instructed by Dr. Kakadia.  
2. **Six (6) hours prior to your procedure time**, begin the 2nd dose of your prescription laxative.  
3. You will be completely fasting (including water) usually 4 hours prior to your procedure time.  
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. We ask that you 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 6 hours prior to procedure time.

**\*Please contact Dr. Kakadia's office 48 hours prior if cancellation or rescheduling procedure is necessary.\***

