

COLONOSCOPY PREPARATION SHEET

PLEASE READ THIS AT LEAST SEVERAL DAYS AHEAD OF YOUR PROCEDURE

Your procedure is scheduled for _____, ____/____/____

Register at _____ at _____ am/pm.

If you take a blood thinner, please notify our office immediately. You do not need to discontinue aspirin, Motrin, Ibuprofen, Naproxen, Aleve, etc. before the procedure.

You should arrange for a responsible adult to accompany you home. You will not be allowed to leave the facility by yourself. You will not be allowed to take a taxi or bus home by yourself. You should not drive for the remainder of the day.

You should remain within easy reach of toilet facilities when taking the liquid prep. Fill your prescription for SuPrep at any pharmacy.

Do **NOT** eat anything with seeds or nuts for 3 days prior to the procedure.

Day before examination

Beginning with breakfast, take clear liquids only. Acceptable clear liquids include clear broth or bouillon, jello (no red or purple jello), coffee or tea (without dairy or creamer), water, fruit juices (no red or purple fruit juices & juices that have pulp). Other clear liquids include: Gatorade (not red or purple), apple or white grape juice, 7up/Sprite soda, Ginger Ale, Ice popsicles. No solid foods, milk or milk products, or vegetable juices.

Between 4pm and 6pm, pour one (1) 6oz bottle into the 16oz cup & fill with cold water to the fill line. Begin drinking the solution until it is finished. (The earlier you take the prep, the sooner the diarrhea will start and end). It can take 1-4 hours for the diarrhea to begin. If your bottom becomes irritated, you can apply ointment such as Anusol HC1, Desitin, or Vaseline liberally around the anal opening.

IMPORTANT: Before & IMMEDIATELY After the SuPrep preparation is consumed, you must continue to drink clear liquids (32oz is a minimum requirement). This will ensure that you are properly hydrated throughout your preparation for the procedure.

Day of examination

At _____ am / pm pour one (1) 6oz bottle into the 16oz cup & fill with cold water to the fill line. Begin drinking the solution until it is finished. **IMMEDIATELY After the SuPrep preparation is consumed, you must continue to drink clear liquids (32oz is a minimum requirement).**

Nothing by mouth within ____ hours of the procedure. However, if you take morning medications for high blood pressure, a heart condition, seizures, or chronic pain, you should take these medications with a small glass of water at least 3 hours before the procedure.

If you cancel your procedure, to avoid a cancellation fee, please give us 72 hours (3 business days) notice. If you have any questions, please call our office at (415) 749-6900. **Additionally, you can view our website online at www.sfgimd.com**