

SUPREP COLONOSCOPY PREP INSTRUCTIONS

Your colonoscopy will take place at:

Golden Gate Endoscopy Center (415-379-7500)
3370 Geary Blvd. (between Commonwealth and Parker)

Your colonoscopy is scheduled for: _____

Please arrive at the endoscopy center at: _____

Your approximate discharge time will be: _____

7 DAYS BEFORE YOUR COLONOSCOPY

- Pick up your prescription for SuPrep at your pharmacy. Also purchase Simethicone ('Gas Relief', Gas-X) 125 mg tablets. You will need to have 6 tablets.
- Confirm your ride for the day of your procedure. You **MUST** arrange a ride home on the day of your procedure. No public transportation, taxi, Uber or Lyft allowed! An alternative option is to use a medical ride service company; ask our staff for information.
- If you take blood thinners (Coumadin/warfarin, Plavix, Pradaxa, Eliquis, Xarelto), review instructions for holding or continuing the medication.

5 DAYS BEFORE YOUR COLONOSCOPY meal

- Review diet instructions and plan your
- Complete paperwork for the Endoscopy Center.
- **Last chance to cancel/reschedule your procedure appointment without incurring a CANCELLATION FEE of \$200**

3 DAYS BEFORE YOUR COLONOSCOPY

- **STOP** eating any raw vegetables or vegetables containing seeds (cooked vegetables are OK). No corn, popcorn, nuts, seeds, and stop any fiber supplements until after the colonoscopy.

TIP: Avoiding seeds, nuts, and fibrous foods will yield a more effective bowel cleansing and allows your doctor to perform a more thorough examination.

2 DAYS BEFORE YOUR COLONOSCOPY

- Increase your fluid intake, drink a minimum of 8 glasses of clear liquids.

1 DAY BEFORE YOUR COLONOSCOPY

▪ For patients with Diabetes: The day prior to your colonoscopy, only take half the dose of your diabetic medications. DO NOT take any long acting insulins (for example, Lantus) the night before your colonoscopy.

▪ Begin a “Clear Liquid Diet.”

Clear liquids include:

IMPORTANT: nothing red or purple!

- Gatorade, Pedialyte, or Powerade
- Clear broth or bouillon
- Coffee or tea (no milk or non-dairy creamer)
- Carbonated and non-carbonated soft drinks (Coke is OK)
- Coconut water (no pulp)
- Kool-Aid or other fruit-flavored drinks
- Jello, popsicles (not containing any pieces of fruit)
- Gummy Bears

▪ Between 4 and 6 pm: Take three 125-mg Simethicone tablets prior to drinking the SuPrep solution. Pour one 6-ounce bottle of Suprep liquid into the mixing container; add cold water to the 16-ounce line on the container and mix. Drink all of the liquid in the Suprep container.

TIP: If you experience nausea while drinking the solution, take a 30-45 minute break and continue drinking the solution at a slower pace.

▪ After drinking the prep solution, drink 32 ounces of water over the next 2 hours.



THE DAY OF YOUR COLONOSCOPY

Nothing to eat or drink except your prep and any routine medication can be taken with a tiny sip of water.

▪ Prepare and drink the second bottle of SuPrep just like you did with the first bottle. Take three 125-mg Simethicone tablets prior to drinking the SuPrep solution. Drink the SuPrep solution 5-6 hours before your arrival time. Drink all of the liquid in the SuPrep container.

▪ After drinking the SuPrep solution, please drink 32 oz. of water.

▪ Make sure to take your morning blood pressure or heart medications 2-3 hours before your arrival time.

▪ You must complete your SuPrep solution and water 3 hours prior to your procedure time.

BRING THE FOLLOWING:

- Photo ID
- Insurance Card
- Endoscopy Center forms. Don't forget your list of medications.

TIPS:

- Use a straw to drink prep solution.
- Use Vaseline or an ointment for diaper rash around the anus before and/or during prep to minimize irritation from passing bowel movements.

You can expect to receive a reminder call from the Endoscopy Center within 24 hours prior to your procedure. You may also receive a call from the anesthesiologist the evening prior to your procedure. If you do not receive a call from the anesthesiologist, do not worry; the anesthesiologist will speak with you before the colonoscopy to review your medical history.

Your doctor will speak with you prior to the colonoscopy and in the recovery area after the colonoscopy to review the findings.

For any preparation-related questions, please send the office a portal message (if you have signed up for a portal account) or call our main office at (415) 749-6900. You can also view our website at www.sfgimd.com for additional information.

Thank you,

THE SFGI TEAM

Hours: Monday-Friday 9-5 PM and closed during lunch from 12 PM - 1 PM.