

COLONOSCOPY PREPARATION INSTRUCTIONS

Your colonoscopy will take place at:

Golden Gate Endoscopy Center, located at **3370 Geary Blvd** (Cross-street is Commonwealth).

Your colonoscopy is scheduled for: _____

Please arrive to register at: _____

Your approximate discharge time will be: _____

7 DAYS BEFORE YOUR COLONOSCOPY

- Confirm ride for the day of your procedure.
- Pick-up the prescription at your local pharmacy.
- If you take blood thinners, (Asprin 325mg, Coumadin/warfarin, Plavix, Pradaxa, Eliquis, Xarelto) review instructions for holding or continuing prescription.

5 DAYS BEFORE YOUR COLONOSCOPY

- Review diet Instructions and plan your meals.
- Complete paperwork for the Endoscopy Center.
- **Last chance to cancel/reschedule your procedure appointment without incurring a CANCELLATION FEE of \$250**

3 DAYS BEFORE YOUR COLONOSCOPY

- STOP eating foods with nuts or seeds. (Fruits & vegetables with seeds, sesame, whole grain, etc.).

2 DAYS BEFORE YOUR COLONOSCOPY

- Increase your fluid intake, drink a minimum of 8 glasses of clear fluids (water preferred).
- Eat well balanced meals, but continue avoiding nuts & seeds.

1 DAY BEFORE YOUR COLONOSCOPY ***PREP DAY**

- Have a low residue breakfast BEFORE 10am. (white toast, eggs, yogurt, cream of wheat, smoothies without seeds).
- At 10am begin a "Clear Liquid Diet." Clear liquids include water, juice without pulp, soda, black coffee/tea, electrolyte drinks, Ensure CLEAR, Boost Breeze, Jello, Broth, Popsicles.
- At 6pm drink the first dose of Suprep. Pour one 6-ounce bottle of Suprep liquids 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.
- After drinking the Suprep, please drink 32 ounces of water over the next 2 hours.



THE DAY OF YOUR COLONOSCOPY

- Wake up 5-6 hours before your arrival time to start second prep dose. Immediately prepare and consume the second dose of SuPrep.
- You can take medications, as prescribed, with sips of water.
- After drinking the Suprep, please drink 32 ounces of water over the next 2 hours.
- You must complete your prep and discontinue clear liquids 3 hours prior to your arrival time. (Nothing by Mouth)

BRING THE FOLLOWING:

- Photo ID
- Insurance Card
- Endoscopy Center forms

TIPS:

- To improve the taste try adding ice/refrigerate mixture.
- Use a straw to drink mixture.
- If you experience nausea or vomiting, rest for 15 minutes, then try to resume prep.
- Use baby wipes.
- 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 staff within 24 hours prior to your procedure. You will also receive a call from an anesthesiologist the evening prior to your procedure.

For any preparation-related questions, please call our main office at [\(415\) 749-6900](tel:4157496900). 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 on the lunch hour from 12 PM - 1 PM.