

SAN JOSE GASTROENTEROLOGY

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INSTRUCTIONS FOR COLONOSCOPY BOWEL PREPARATION with SUPREP (SAME-DAY PREP)

- **FOR THE BEST POSSIBLE EXAMINATION, PLEASE FOLLOW THE INSTRUCTIONS BELOW CAREFULLY.**
- You must have a responsible adult (age 18 or older) to drive you home after your procedure. This does not include rideshare such as taxi, Uber. The sedative medication makes it unsafe to drive on the day of the procedure. If you do not have a chaperone to drive you home, the appointment may need to be cancelled.
- Plan to take the day off from work.
- Do not bring children to your appointment. Leave jewelry and valuables at home.
- Bring all of your daily medication to the colonoscopy.

***** ONE WEEK BEFORE THE COLONOSCOPY:**

- STOP iron pills, vitamins, herbs, and supplements.
- AVOID seeds (berries, popcorn, granola, etc).
- If you are taking Coumadin/Effient/Brillinta/Plavix/Pradaxa/Xarelto/Eliquis/Savaysa or any other blood thinners please inform us so we can make relevant recommendations.
- It is OK to continue baby ASA (81mg)

- OBTAIN Suprep from your pharmacy. If this medication is replaced due to an insurance issue, inform SJGI so new instructions can be given to you.

***** ONE DAY BEFORE THE COLONOSCOPY:**

- CONTINUE to take all diabetes tablet/pills medication(s).
 - If taking long-acting insulin, REDUCE morning and evening dose(s) by one half.
- MORNING You may have a light breakfast BEFORE 9 AM
- AFTER BREAKFAST, begin a CLEAR LIQUID DIET.
- Avoid solid food during these 24 hours.

For a full 24 hours prior to the colonoscopy, you must be on a clear liquid diet limited to water and the following:		DO NOT eat solid food DO NOT chew gum DO NOT drink any of the following: <ul style="list-style-type: none">▪ NO red or purple liquid▪ NO liquids that you can't see through▪ NO alcoholic beverages▪ NO milk products
Black coffee (no milk / no cream) Tea (black, green) Gatorade (clear) Popsicle w/o fruit or seed	7-UP Clear broth Apple Juice Jello (No red or purple)	

*****ON THE DAY OF THE COLONOSCOPY at 6 AM:**

Follow the instructions below.

Do NOT take diabetes medication(s) before the procedure. You may resume after the procedure.



Step 1

Pour **ONE** (1) 6-ounce bottle of SUPREP liquid into the mixing container.



Step 2

Add cool drinking water to the 16-ounce line on the container and mix.

Note: Be sure to dilute SUPREP as shown before you drink it.



Step 3

Drink **ALL** the liquid in the container.



Step 4

You **must** drink two (2) more 16-ounce containers of water over the next 1 hour.

Note: You **must** finish drinking the final glass of water at least 2 hours, or as directed, before your procedure.

If you develop nausea/vomiting, **rest** for 30 minutes. Then, resume the preparation as soon as the symptoms improve.

4 HOURS BEFORE YOUR PROCEDURE: _____

- REPEAT steps 1 - 4 above

Finish final glass of water at least **TWO** hours before the colonoscopy.

2 HOURS BEFORE YOUR PROCEDURE: No eating or drinking until after your procedure.

If you have any questions, please contact our office at 408-347-9001. If you need to reschedule or cancel your appointment, please contact us **3 business days** before your procedure. Thank you very much!.