

# SAN JOSE GASTROENTEROLOGY

Phone (408) 347-9001 | Fax (408) 347-9004 | www.sjgi.com | contact@sjgi.com

## INSTRUCTIONS FOR COLONOSCOPY BOWEL PREPARATION with SUPREP (SPLIT DOSING)

- **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.
- Take your heart/blood pressure medication with water on morning of the colonoscopy. If your colon output is not a clear/yellow color, inform the nurse when you arrive for your procedure.

### **\*\*\* ONE WEEK BEFORE THE COLONOSCOPY:**

- **STOP** iron pills, vitamins, herbs, and supplements. **AVOID** seeds and fiber (berries, popcorn, etc)
- **OBTAIN SUPREP** from your pharmacy at least one week before the procedure.  
**If this medication is replaced due to formulary/insurance, you MUST inform SJGI to obtain new instruction.**
- **\*\*\*\*\*EVEN WITH ALTERNATE PREP (if plan does not cover SUPREP), you MUST FOLLOW SPLIT DOSING.**

### **\*\*\* ONE DAY BEFORE THE COLONOSCOPY:**

- CONTINUE to take all diabetes medication regardless of taken time in morning or evening daily.
- REDUCE morning and evening doses of long acting insulin by one half.
- You will need to be on a CLEAR LIQUID DIET (**Do not fast**).

For a full 24 hours prior to the colonoscopy, you must be on a clear liquid diet limited to water and the following:		<b>DO NOT</b> eat solid food <b>DO NOT</b> chew gum <b>DO NOT</b> drink any of the following: <ul style="list-style-type: none"><li>▪ NO red or purple liquid</li><li>▪ NO liquids that you can't see through</li><li>▪ NO alcoholic beverages</li><li>▪ NO milk products</li></ul>
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)	

The night before colonoscopy, follow the instructions below to mix and drink your SUPREP medication. If nausea/vomiting occur, rest for 30 minutes and then resume the preparation as the symptoms improve.

STEP 1	STEP 2	STEP 3	STEP 4
6 PM - Pour one (1) Suprep liquid bottle into the mixing container	Add drinking water to the full 16-oz line	Drink the entire liquid solution within one (1) hour, 7 PM	Drink an additional 32-oz of clear liquid of your choice from the CLEAR LIQUID box above

**\*\*\*ON THE DAY OF THE COLONOSCOPY:**

Do NOT take any diabetes medication before procedure time. This will be resumed after the procedure.

AT \_\_\_\_\_ AM (4 hours prior to colonoscopy)

STEP 1	STEP 2	STEP 3	STEP 4
Pour one (1) Suprep liquid bottle into the mixing container	Add drinking water to the full 16-oz line	Drink the entire liquid solution within one (1) hour.	Drink an additional 32-oz of clear liquid.

**Finish final glass of water at least 2 hours before the colonoscopy.**

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 for your cooperation.