Colonoscopy Preparation
Instructions with SuPrep

IMPORTANT: Not following the instructions below may result in your procedure being cancelled and rescheduled.

1. Eating solid foods the day before your procedure may result in a suboptimal procedure.
2. **No eating or drinking anything 3 hours prior to the procedure** or your procedure will be delayed until the end of the day.
3. You need a **responsible adult age 18+** with a valid unrestricted driver’s license to take you home. You are not permitted to take a taxi, bus, or service like Uber.
4. Follow ONLY the instructions given by your gastroenterologist or on this instruction sheet. **DO NOT follow instructions from any other source including the instructions on your prep bottle/box.**
5. If a polyp is removed, we recommend no international travel for 2 weeks after your colonoscopy procedure. This is due to the potential risk of bleeding if large polyps are removed. Check with your gastroenterologist if you’re planning to travel internationally.
6. **A successful prep is when your bowel movement is a clear yellow liquid.**

Seven (7) days before your procedure:

<table>
<thead>
<tr>
<th>STOP</th>
<th>OKAY/APPROVED</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Aspirin unless prescribed by a physician</td>
<td>1. Any regular medications (especially blood pressure and/or cardiac medications)</td>
</tr>
<tr>
<td>2. NSAIDS including: Ibuprofen (Motrin, Advil), Naproxen (Aleve, Naprosyn), and similar medications</td>
<td>2. Acetaminophen (Tylenol)</td>
</tr>
<tr>
<td>3. All seeds, nuts, popcorn, Iron supplements.</td>
<td>3. Foods such as meat (chicken, pork, beef), fish, tofu, white bread, white rice, noodles, yogurt, fruits and vegetables (remove skin and seeds), pasta, eggs, pancakes, cheese and dairy products</td>
</tr>
</tbody>
</table>

In the event you have taken any of the above, please stop taking them and let your physician know on the day of your procedure.

You will receive additional instructions, guided by your prescribing physician, if you are taking:
- Blood thinner medications such as Warfarin (Coumadin), Heparin, Lovenox, Plavix, Aggrenox, Ticlid, Pradaxa
- Diabetes medications

The ENTIRE day before your procedure:

<table>
<thead>
<tr>
<th>STOP (in addition to above)</th>
<th>OKAY/APPROVED</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Any solid food</td>
<td>1. Any regular medications (especially blood pressure and/or cardiac medications and acetaminophen (Tylenol))</td>
</tr>
<tr>
<td>2. Dairy Products</td>
<td>2. Water and clear liquids including:</td>
</tr>
<tr>
<td>3. Alcohol</td>
<td>- <strong>Juices:</strong> apple, white grape, white cranberry, lemonade</td>
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<tr>
<td></td>
<td>- <strong>Broth:</strong> chicken, beef or vegetable</td>
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<tr>
<td></td>
<td>- <strong>Soda:</strong> 7-Up, Coke</td>
</tr>
<tr>
<td></td>
<td>- <strong>Other:</strong> black coffee, tea, popsicles, jello, sports drinks</td>
</tr>
</tbody>
</table>

6 PM the **day before your procedure**: Drink first dose of SUPREP solution.

1. Pour one (1) 6-ounce bottle of SUPREP liquid into the mixing container.
2. Add cool drinking water to the 16-ounce line on the container and mix.
3. Drink all the liquid in the container.
4. You must drink two (2) more 16-ounce containers of water over the next hour.

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The day of your procedure:

- Continue your clear liquid diet from when you wake up in the morning.
- Make sure to drink clear liquids throughout the day to keep yourself well hydrated.
- Take your regularly prescribed morning medications (with a small sip of water) unless instructed otherwise.

5 hours before your scheduled procedure time: Drink the second dose of SUPREP solution.
1. Pour the remaining second 6-ounce bottle of SUPREP liquid into the mixing container.
2. Add cool drinking water to the 16-ounce line on the container and mix.
3. Drink all the liquid in the container.
You must drink all the (2) more 16-ounce containers of water over the next hour.

3 hours before your scheduled procedure time:

- No eating or drinking until after your procedure or your procedure will be delayed until the end of the day.
- A successful prep is when your bowel movement is a clear yellow liquid. If you have any problems with your prep after hours (it doesn’t work, or you throw it up, etc.) please call the gastroenterologist on call.

* Questions during business hours of 8am to 5:30 pm? Please call the GI Scheduler line for your appointment center below:
San Carlos: (888)729-1890  Palo Alto: (888)729-1890  Fremont: (510)498-2148  Mountain View: (650)934-7554

* Questions after business hours? Select the option to speak to an operator at your appointment center and ask for GI Doctor on call:
San Carlos: (650)596-4130  Palo Alto: (650) 853-2972  Fremont: (510)498-2395  Mountain View: (650)934-7575

Facility: (Scheduler please circle procedure location)
Surgery Center San Carlos  Surgery Center of Palo Alto  Surgery Center Fremont  Surgery Center Mountain View
301 Industrial Rd, San Carlos, CA 94070  795 El Camino Real, Palo Alto, CA 94301  3120 Kearney St, Fremont, CA 94538  701 E. El Camino Real, Mountain View, CA 94040
(First Floor)  (Jamplos Building, Level A)  (First Floor)  (Level 1)

Make sure to drink clear liquids throughout the day to keep yourself well hydrated.

*** PLEASE CALL YOUR PHYSICIANS OFFICE AT LEAST 7 DAYS PRIOR TO YOUR PROCEDURE IF YOU NEED TO CANCEL OR RESCHEDULE. ***

Appointment Date: ___________________________  Arrival Time: ______________ AM/PM

Doctor: _______________________________  Procedure Time: ____________ AM/PM