

1 DAY BEFORE YOUR COLONOSCOPY

- Have a low residue breakfast BEFORE 10 am; this may include white toast, eggs, yogurt, cream of wheat, smoothies without seeds. No fried or heavy foods; no meats.
- 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.
- At 10 am: 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

- 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 **discontinue all clear liquids** 2 hours prior to your arrival 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.