









Colonoscopy SUPREP Instructions

DATE/TIME OF PROCEDURE – PLEASE CHECK THE EMAIL THESE INSTRUCTIONS WERE ATTACHED TO

Your Arrival time is subject to change. The Surgery Center will contact you approximately 2 days before your procedure to confirm Arrival Time

LOCATION: East Bay Endosurgery Center
 300 Frank H. Ogawa Plaza, Suite 135, Oakland, CA 94621
 Phone: (510) 893-1600

LATE CANCELLATION (LESS THAN 3 DAYS) FEE OF \$200 – If you need to cancel, please call (510) 444-3297

What to do 7 days Prior to Procedure	What to do 5 days prior to Procedure	What to do the day before the Procedure	On the day of the Procedure
 <p>Please make sure you have your SUPREP prep medication from your pharmacy.</p> <p>Review your prep instructions thoroughly</p>  <p>Please continue all medications including aspirin. If you are taking a blood thinner, please contact the prescribing physician for instructions.</p>  <p>Please arrange a driver to take you home. This needs to be a family or friend. Uber, Lyft, and taxi are only allowed if you have a family or friend accompany you. You will not receive sedation without a family or friend available to drive you home. All rides must be available by 3:30pm.</p>	 <p>STOP eating any raw vegetables or vegetables containing seeds, fruit with seeds or skin, corn, popcorn, nuts, quinoa, beans, and seeds.</p> <p>Purchase clear liquid diet items. (See page 2 for clear liquid items)</p> <p>Purchase over the counter medications:</p> <ol style="list-style-type: none"> (4) 125 mg Simethicone tablets (i.e.-Gas Ex)  <p>If you are taking insulin for diabetes, you will receive separate instructions.</p>	 <p style="text-align: center;"><u>NO SOLID FOODS</u></p> <p>Clear Liquids only upon waking up in the morning. A clear liquid diet is necessary for a colonoscopy.</p> <p>Prep: 5pm-Drink the first 16 oz. dose</p> <p>After prep take (2) 125 mg Simethicone tablets (i.e.-Gas Ex)</p> <p>You MUST drink at least (4) 8 oz. glasses of water over the next hour to avoid dehydration.</p> 	<p>Continue a clear liquid diet.</p> <p>Four (4) hours before your Arrival Time, drink the second half (16 oz) of the prep at.</p> <p>After completing the prep take (2) 125 mg Simethicone tablets (i.e.- Gas Ex) followed by (4) 8 oz. glasses of water.</p> <p>Continue drinking clear liquids,</p> <p>Nothing by mouth starting two (2) hours prior to your Arrival Time. No Gum or hard candy.</p> <p>If you take daily medication, please take with a small sip of water at least two (2) hours prior to your Arrival Time, unless otherwise instructed.</p>  <p style="text-align: center;">Reminders</p> <ul style="list-style-type: none"> • If you use an inhaler, bring it with you to your procedure • Please do not wear any jewelry and remove piercings • Bring insurance cards • Be prepared to pay your copay

Your ride will not be able to stay here after you are dropped off, but we will need a phone number for them to pick you up after your procedure. Most patients are ready for pick up approximately two (2) hours after dropping off; however, medical procedure timing is unpredictable, and this may vary. Please do not make any time-sensitive commitments shortly after your procedure.

If you have had any procedures, started any new medications, or had a change in your medical status since scheduling this procedure, please contact our office at (510) 444-3297

***Clear Liquid Diet Details: NO RED COLOR. NO DAIRY**

Approved: Clear sodas, black coffee, tea, clear juices, clear fitness waters, chicken broth, vegetable broth, beef broth, Gelatin, Popsicles without pulp, sorbet without pulp



Avoid No milk/dairy No juices with pulp Popsicles with pulp **NO RED COLOR.**

