

SUPREP COLONOSCOPY PREP INSTRUCTIONS

Your procedure is scheduled on: _____

Your arrival time is: _____

(Your arrival time may change up to the day before the procedure)

Location of procedure:

- Tahoe Forest Hospital, Main Lobby Entrance
10121 Pine Avenue, Truckee, CA
- Incline Village Community Hospital
880 Alder Avenue, Incline Village, NV

QUESTIONS? For more information on pre-colonoscopy diet suggestions, suggestions if you have constipation, medication instructions, and troubleshooting tips, go to **TFHD.com/colonoscopy** or call **(530) 582-3455** and leave a voicemail.

Post-Procedure Pick Up:

Arrange for a responsible person to pick you up after your exam. Your driver must stay within 20 minutes of Tahoe Forest Hospital/Incline Village Community Hospital during the procedure. **You may not drive yourself home or take TART buses for the remainder of the day.** You may arrange for TART Connect if you live in Truckee or use UBER, if necessary.

1 WEEK BEFORE COLONOSCOPY _____

Purchase the following:

- Suprep:** A prescription medicine available from your preferred pharmacy.
- Simethicone (Gas-X):** 2 tablets, 125mg each. Simethicone is an over-the-counter drug that will help relieve any gas pain or pressure. It is available from your preferred pharmacy or drug store.

3 DAYS BEFORE COLONOSCOPY _____

Low-Fiber Diet:

Eat a **Low-Fiber Diet** beginning 3 days prior to your exam, selecting low-fiber foods such as milk, cheese, yogurt, chicken, fish, and eggs.

Avoid high-fiber foods such as bread and cereal with seeds or nuts, raw vegetables, and fruits with peels and any berries.

The colonoscopy preparations are taken in two parts: the 1st part is taken one day before, and the 2nd part is taken the morning of your procedure.

1 DAY BEFORE COLONOSCOPY

When you wake up:

— Begin **CLEAR LIQUID DIET** only, including:

- **Water** – tap, sparkling, seltzer, coconut (no pulp)
- **Juice** – apple, white grape, white cranberry
- **Gatorade** – yellow, green, orange, clear
- **Jell-O** – yellow, green, orange
- **Clear broth or bouillon** – chicken, beef, or veggie flavors
- **Coffee, Tea** without any creamer (dairy or non-dairy)
- **Gummy Candies**

At 5:00 pm the day before your colonoscopy:

— Start drinking your colonoscopy prep

- Pour one (6 ounce) bottle of **Suprep** into the enclosed cup
- Add **cool drinking water** to the 16 ounce line on cup and mix
- Drink **all liquid** in cup
- Drink two more 16 ounce containers of **water** over the next hour

— Please continue your clear liquid diet through the night to stay well hydrated

DAY OF COLONOSCOPY

At _____ (4 hours prior to arrival) drink the second part of your prep:

- Pour one (6 ounce) bottle of **Suprep** into the enclosed cup
- Add **cool drinking water** to the 16 ounce line on cup and mix
- Drink **all liquid** in cup
- Drink two more 16 ounce containers of **water** over the next hour

At _____ (2 hrs prior to arrival) **TAKE NOTHING BY MOUTH, INCLUDING WATER. NO gum, candy, ice or chewing tobacco.**

Take your prescription medications with a small sip of water.

Common Suprep Side Effects:

- Nausea, bloating, cramping, and vomiting may occur. If so, take a break from drinking the prep for 30 minutes. Resume drinking until it is all finished, taking breaks as needed.
- A bowel movement will usually occur within an hour after finishing prep and water, but can take 3-4 hours. Everyone is different.
- Bowel movements will become watery and frequent until colon fully cleanses. The result should be clear or pale yellow or pale green.