



## Preparation for Your Upcoming Colonoscopy

### YOU WILL NEED:

- SuPrep® prescription filled by your pharmacy

If you didn't collect your prep prescription shortly after we sent it to your pharmacy, kindly contact your pharmacy to have it prepared again.

### Appointment Info

DATE \_\_\_\_\_

ARRIVAL TIME \_\_\_\_\_

- Endoscopy Center of Marin**  
1100 S. Eliseo Dr. Suite 3, Greenbrae  
Expect to be at the center 2 hours
- MarinHealth Medical Center**  
250 Bon Air Road, Greenbrae  
Expect to be at the hospital 2 hours
- Novato Community Hospital**  
180 Rowland Way, Novato  
Expect to be at the hospital 3 hours

### Diabetes Instructions (if applicable)

Oral Medication Instructions  
\_\_\_\_\_

Insulin Schedule  
\_\_\_\_\_

### Blood Thinner Instructions (if applicable)

- Continue blood thinner as prescribed
- HOLD for \_\_\_\_\_ days

### Weight Loss Prescriptions (if applicable)

- Weekly Dosing(Ozempic, Rybelsus, Wegovy, Trulicity, Mounjaro) Your last dose must be done 7 days before your procedure.
- Daily Dosing(Saxenda, Byetta) Do not take on the day of the procedure.
- Other instruction:  
\_\_\_\_\_

**MarinHealth General & Colorectal Surgery**  
MyMarinHealth.org/colorectalsurgeryclinic



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## 7 Days Before Your Colonoscopy

- Confirm ride for the day of your procedure
- Pick up the prescription at your local pharmacy
- If you take blood thinners, (Asprin 325mg, Coumadin/warfarin, Plavix/clopidogrel, Pradaxa/dabigatran, Eliquis/apixaban, Xarelto/rivaroxaban) review instructions for holding or continuing prescription (instructions located on back)

**Last chance to cancel/reschedule your procedure appointment. Please be aware that the Endoscopy Center of Marin may impose a late cancellation charge of up to \$200.**



## 5 Days Before Your Colonoscopy

- Review diet instructions and plan your meals
- Create a list of your medications and supplements to provide the facility. Include prescription name, dose, and directions
- Create a list of your allergies to provide the facility



## 3 Days Before Your Colonoscopy

- STOP eating foods with nuts, seeds, or whole grains. (fruits and vegetables with seeds, sesame, etc.)
- Avoid corn, beans, quinoa, and popcorn



## 2 Days Before Your Colonoscopy

- Increase your fluid intake, drink a minimum of 8 glasses of clear fluids (water preferred)
- Eat well-balanced meals, but continue avoiding nuts, seeds, and whole grains



## 1 Day Before Your Colonoscopy

### “PREP DAY”

- Have a low-residue breakfast BEFORE 10 am (white toast, eggs, yogurt, cream of wheat, smoothies without seeds)
- At 10 am begin a “Clear Liquid Diet.” Clear liquids include water, juice without pulp, soda, black coffee/tea (no milk), electrolyte drinks, Ensure CLEAR, Boost Breeze®, Jell-O, broth, popsicles
- At 6 pm drink the first dose of SuPrep®. Pour one 6-oz bottle of SuPrep® liquids into the mixing container, add cold water to the 16 oz line on the container and mix. Drink all of the liquid in the SuPrep® container
- Continue drinking clear liquids until bedtime

### The Day of Your Colonoscopy

- Wake up 5 – 6 hours before your arrival time to start the second dose. Prepare and consume the second dose of SuPrep® immediately
- After drinking the SuPrep® mix please drink 32 oz of water over the next 2 hours
- You must complete your prep and discontinue clear liquids 3 hours prior to your arrival time
- You should take medications, as prescribed, with sips of water

### BRING THE FOLLOWING:

- Photo ID
- Medication List
- Insurance Card
- Allergy List

### TIPS

- To improve the taste try using a straw to drink mixture
- If you experience nausea or vomiting, rest for 15 minutes, then try to resume prep
- Use unscented wipes instead of toilet paper.
- Use Vaseline or an ointment for diaper rash around the anus before and/or during prep to minimize irritation from passing bowel movements