

Appointment Info

DATE: _____

Arrival

TIME: _____

FACILITY:

<input type="radio"/> Endoscopy Center Of Marin	<input type="radio"/> Marin General Hospital	<input type="radio"/> Novato Community Hospital
1100 S Eliseo Dr. Suite 3 Greenbrae	Surgery Center 250 Bon Air Rd Greenbrae	180 Rowland Way Novato
Expect to be at the center 90 minutes	Expect to be at the hospital 2 hours	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

Marin Gastroenterology

1350 S. Eliseo Dr., Ste 130
Greenbrae, CA 94904

7120 Redwood Blvd
Novato, CA 94945

P: (415) 925-6900

www.MarinGastro.com

SuPrep

Preparation for your upcoming Colonoscopy

What you will need:

- SuPrep Prescription filled by your pharmacy
- For coupon and info visit www.suprepkit.com

Phone: 415 - 925 - 6900



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 without incurring a CANCELLATION FEE of \$250

5 Days Before Your Colonoscopy

- Review diet Instructions and plan your meals
- Create a list of your medications & 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 or seeds. (Fruits & vegetables with seeds, sesame, whole grain, 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

1 Day Before Your Colonoscopy

“PREP DAY”

- Have a low residue breakfast BEFORE 10am. (white toast, eggs, yogurt, cream of wheat, smoothies without seeds)
- AT 10am begin a “Clear Liquid Diet.” Clear liquids include water, juice without pulp, soda, electrolyte drinks, Ensure CLEAR, Boost Breeze, Jello, Broth, Popsicles.
- At 6pm drink the first dose of Suprep. Pour one 6-ounce bottle of Suprep liquids 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.
- After drinking the Suprep mix please drink 32 ounces of water over the next 2 hours.
- Continue drinking clear liquids until bedtime.

On The Day of Your Colonoscopy

- Wake up 5-6 hours before your arrival time to start second prep dose. Immediately prepare and consume the second dose of SuPrep.
- After drinking the Suprep mix please drink 32 ounces of water over the next 2 hours.
- You must complete your prep and discontinue clear liquids 3 hours prior to your arrival time.
- You can take medications, as prescribed, with sips of water
- BRING THE FOLLOWING:
 1. Photo ID
 2. Insurance Card
 3. Medication List
 4. Allergy List

TIPS:

To improve the taste try
Add ice/Refrigerate mixture
Use a straw to drink mixture

If you experience nausea or vomiting, rest for 15 minutes, then try to resume prep

Use baby wipes

Use Vaseline or an ointment for diaper rash around the anus before and/or during prep to minimize irritation from passing bowel movements

SuPrep Dose: (Make twice) Mix water and one bottle of Suprep to fill to 16 oz line of the dose cup.