

# Colonoscopy Prep Instructions

## Suprep

**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

An Endoscopy nurse will call you 3-7 days before your procedure to provide preparation information and to confirm your arrival time. Please be aware that **arrival times may change up to a day before your procedure**. If you miss our call, confirm your appointment with a voicemail at (530) 582-3455 or text (530) 562-7350.

### 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.

## 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 1<sup>st</sup> part is taken one day before, and the 2<sup>nd</sup> part is taken the morning of your procedure.**

## 1 DAY BEFORE COLONOSCOPY

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### 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

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### 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.