

## **SUPREP SPLIT DOSE**

VALLEYCARE GASTROENTEROLOGY MEDICAL GROUP, INC.

Phillip Wolfe, MD

You are scheduled to have a colonoscopy on: \_\_\_\_\_

Located at: Hacienda Surgery Center      You must arrive at \_\_\_\_\_ A.M.

4626 Willow Rd, Suite 100, Pleasanton, CA 94588

### **THE DAY BEFORE YOUR COLONOSCOPY ~**

#### **Please follow the instructions below from our office to prepare you for your procedure:**

1. Start your clear liquid diet the **whole day before** your procedure. **NO DAIRY PRODUCTS.**

*CLEAR LIQUID DIET:* Water (stay hydrated)    Tea or Coffee (without creamer)    Clear juices without pulp  
Fruit-flavored drinks (Kool-Aide, Crystal-Light, etc)    Carbonated beverages/Soda  
Sports drinks (Gatorade, All-Sport, PowerAde, etc)    Broth/Bouillion/Consomme  
Plain/flavored gelatins (Jell-O)    Fruit Ices/Italian Ices    Popsicles (without fruit/fiber)

*SAMPLE MENU:*      Breakfast: cup of broth, fruit juice, bowl of Jell-O, coffee or tea without creamer, water  
Lunch:      tea or coffee, cup of broth, cup of fruit ice, fruit juice, water  
Snack:      Popsicle, soda, Jell-O, water  
Dinner:      Similar to lunch or breakfast, water

2. **Instruction for SuPrep Split Dose. Follow the instructions below:** You must FINISH the entire solution. If your colon is not well cleaned, the examination will not be useful and will need to be repeated.

#### **The night before your procedure ... at 6:00 pm:**

Pour one 6-oz bottle of SuPrep liquid into the mixing container/cup. Add cool drinking water to the 16 oz line on the container and mix. Drink ALL the liquid in the container.

***You must drink two more 16 oz containers of water over the next 1 hour.***

After finishing your first container of SuPrep, walk around but do not stray too far from the bathroom. You may continue to drink only clear liquids.

#### **The morning of your procedure ... At \_\_\_\_\_ am:**

Pour one 6-oz bottle of SuPrep liquid into the mixing container/cup. Add cool drinking water to the 16 oz line on the container and mix. Drink ALL the liquid in the container.

***You must drink two more 16 oz containers of water over the next 1 hour.***

3. You may take medications with a few sips of water up to 2 hours before procedure.
4. If you are taking Coumadin, Plavix or any other blood thinning medications please discuss this with the gastroenterologist you are seeing in our office. All other medication should be taken as directed the morning of the procedure with very little water.
5. You will be receiving intravenous sedation or anesthesia for the Colonoscopy. **YOU WILL NOT BE ABLE TO DRIVE THAT DAY.** You must arrange for a responsible adult to take you home later that day.
6. If you have any questions, please do not hesitate to call our office at 925-460-8167. [www.valleycaregastro.com](http://www.valleycaregastro.com)