

HUY N. TRINH MD

GASTROENTEROLOGY CHEPATOLOGY INC.

227 N. Jackson Ave Ste #235

San Jose, CA 95116

Phone (408) 430-1688

Fax (408) 430-1689

www.huytrinhmdgi.com

INSTRUCTIONS FOR COLONOSCOPY BOWEL PREPARATION with SUPREP (SPLIT DOSING)**** The appointment time is subject to change based on the facility's schedule.****FOR THE BEST POSSIBLE EXAMINATION, PLEASE FOLLOW THE INSTRUCTIONS BELOW CAREFULLY.**

- You must have a responsible adult (age 18 or older) to drive you home after your procedure. This does not include rideshare (Uber/Lyft) or taxi. The sedative medication makes it unsafe to drive on the day of the procedure. **If you do not have a chaperone, the appointment may need to be canceled.**
- Plan to take the day off from work.
- Do not bring children to your appointment.
- Leave jewelry and valuables at home.
- Bring all of your daily medication (or an accurate list) to the colonoscopy.
- Take your heart/blood pressure medication with water on morning of the colonoscopy.
- If your colon output is not a clear/yellow color, inform the endoscopy nurse upon arrival.

***** ONE WEEK BEFORE THE COLONOSCOPY:**

- Stop iron pills, vitamins, herbs, and supplements. Begin a low-fiber diet. Avoid consuming vegetables, seeds, and high-fiber foods such as berries and popcorn. You may eat cooked vegetables, apples (without skin), and potatoes.
- **STOP ALL** medications that thin the blood (coumadin or warfarin, plavix, effient). It is important that you contact your primary physician to get approval when stopping these medications. You do not need to stop baby aspirin.
- Obtain SUPREP (generic version) from your pharmacy at least two weeks prior to the procedure.
- Purchase over the counter Simethicone tablets from your pharmacy separately (commonly sold under the name Gas-X or Mylanta Gas).
- If Suprep is replaced due to formulary/insurance, inform Dr. Huy Trinh GI office to obtain new instruction.
- ***** EVEN WITH ALTERNATE PREP (if plan does not cover SUPREP), you MUST FOLLOW SPLIT DOSING.**

***** ONE DAY BEFORE THE COLONOSCOPY:**

- Continue to take all diabetes medication (if applicable) per your usual routine.
- Reduce morning and/or evening dose(s) of long acting insulin (if applicable) by one half.

- Follow a **CLEAR LIQUID DIET**.

For a full 24 hours prior to the colonoscopy, follow a clear liquid diet limited to water and the following:

Black coffee (no milk / no cream)
Tea (black, green)
Gatorade (clear)
Popsicles without fruit or seeds

7-UP
Clear broth
Apple Juice
Jello (no red or purple)

Do not eat solid food

Do not chew gum

Do not drink any of the following:

- No red or purple liquid
- No liquids that you can't see through
- No alcoholic beverages
- No milk products

The night before colonoscopy, follow the instructions below to mix and drink the **SUPREP** medication. If nausea or vomiting occur, rest for 30 minutes and then resume the preparation as symptoms improve.

STEP 1	STEP 2	STEP 3	STEP 4	STEP 5
6 PM - Pour one (1) Suprep liquid bottle into the mixing container	Add drinking water to the full 16-oz line	Drink the entire liquid solution within one (1) hour, 7 PM	Chew and swallow Simethicone tablets while drinking your solution (for best results, add a total of about 400 mg which is typically 3-4 tablets. Check the label on the box	Drink an additional 32-oz of clear liquid of your choice from the CLEAR LIQUID box above

*****ON THE DAY OF THE COLONOSCOPY:**

Do NOT take any diabetes medication (if applicable) before the procedure. This will be resumed after the procedure.

4 hours prior to colonoscopy

STEP 1	STEP 2	STEP 3	STEP 4	STEP 5
Pour one (1) Suprep liquid bottle into the mixing container	Add drinking water to the full 16-oz line	Drink the entire liquid solution within one (1) hour .	Chew and swallow Simethicone tablets while drinking your solution (take the same amount that you took the night prior).	Drink an additional 32-oz of clear liquid.

Finish the final glass of water at least 2 hours before the colonoscopy.



VIDEO INTRUCTIONS: Kindly review your preparatory instructions a minimum of two weeks prior to your scheduled procedure. You can access the general video instructions at <https://www.youtube.com/watch?v=QsSenpeowvY> or contact our office and we can text you the link.

If you have any questions, please call 408-430-1688. To reschedule or cancel, contact us at least 3 business days prior to your procedure. Thank you for your cooperation.