

INSTRUCTIONS FOR COLONOSCOPY BOWEL PREPARATION: LOW-VOLUME PREP
(Clenpiq, Sutab, Suflave, Plenvu, or Suprep)

FOR THE BEST POSSIBLE EXAMINATION, PLEASE FOLLOW THE INSTRUCTIONS BELOW CAREFULLY.

MANDATORY SAFETY REQUIREMENTS

- **Driver:** You must have a responsible adult (18+) to drive you home. No Uber, Lyft, or Taxis.
- **Work:** Plan to take the entire day off.
- **Personal:** Do not bring children. Leave jewelry and valuables at home.

MEDICATION GUIDELINES

Timeline	Medication Category	Action
7 Days Before	Iron, Vitamins, Herbs, Supplements	STOP
7 Days Before	GLP-1s (Ozempic, Mounjaro, Wegovy, etc.)	STOP
7 Days Before	Blood Thinners SGLT2 Inhibitors (Jardiance, Farxiga, etc.)	Please contact your doctor for specific instructions.
3 Days Before	SGLT2 Inhibitors (Jardiance, Farxiga, etc.)	STOP
Ongoing	Baby Aspirin	CONTINUE (unless noted otherwise)
1 Day Before	Diabetes Meds (Insulin or Oral)	Continue as usual: Metformin, Actos, Tradjenta, Zituvio REDUCE to 1/2 DOSE for morning and evening: Glipizide (Glucotrol), glimepiride (Amaryl), glyburide (Diabeta, Glynase)
Procedure Day	Heart & Blood Pressure Meds	TAKE with a small sip of water
Procedure Day	Diabetes Meds	DO NOT TAKE until after the procedure

DIET & PREP TIMELINE

7 DAYS BEFORE: Low-Fiber Diet

- Stop eating vegetables, seeds, nuts, berries, and popcorn.

1 DAY BEFORE: Strict Clear Liquid Diet (No Solids)

- Starting at 6:00 AM, you may only have:
- Water, Black Coffee, or Tea (No milk/cream)
- Clear Broth (Chicken, Beef, or Vegetable)
- Apple Juice, White Grape Juice, Lemonade (No pulp)
- Gatorade, Jello, or Popsicles (NO RED OR PURPLE)
- NO alcohol, milk, or orange juice.

HOW TO TAKE YOUR PREP (For: Clenpiq, Sutab, Suflave, Plenvu, MoviPrep or Suprep)

The Evening Before (Between 5:00 PM – 9:00 PM):

- Drink Dose 1: Take the first dose of your prescribed prep as directed on the box.
- Hydrate: Drink five (5) 8-oz cups of clear liquids over the next 5 hours.
- Gas-X: Chew and swallow 400mg Simethicone (Gas-X) while drinking.

The Morning of Procedure (5 Hours Before Appointment):

- Drink Dose 2: Take the second dose of your prescribed prep.
- Hydrate: Drink at least three (3) 8-oz cups of clear liquids.
- Gas-X: Chew and swallow 400mg Simethicone (Gas-X).
- CHECK: Your bowel output should be a clear/yellow liquid. If it is still dark or cloudy, notify the nurse immediately upon arrival.
- DEADLINE: STOP all liquids 2 hours before your REGISTRATION TIME.

CONTACT & CANCELLATION

Questions? Call 408-430-1688.

Cancellation Policy: You must provide 7 days' notice to avoid a \$200.00 fee.