



DIABLO DIGESTIVE CARE

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**ARRIVE 1 HOUR PRIOR
TO YOUR SCHEDULED
PROCEDURE TIME**

*Cancellation within 48 hours of your scheduled
procedure will result in a \$200 Cancellation Fee*

Colonoscopy Instructions: SuPrep

FIVE (5) DAYS PRIOR to your Procedure: STOP/DISCONTINUE

- Fiber Agents: Metamucil, Citrucel, Flax, Salads & Raw Vegetables, etc.
- Medication: Oral Iron, Aspirin, NSAIDS (Ibuprofen, Advil, Motrin, Aleve, etc.), Plavix, Effient, Agrylin (**some of these medications may require the consent of the prescribing physician**)
 - Blood thinners: Coumadin (Discuss with Dr. Chahal if a Lovenox Bridge is required)

THREE (3) DAYS PRIOR to your Procedure: STOP/DISCONTINUE

- Blood Thinners: Eliquis, Pradaxa, Xarelto (Discuss with Dr. Chahal if a Lovenox Bridge is required)

Follow PREP TIMING in accordance to your PROCEDURE TIME (NOT Arrival Time)

PROCEDURE BEFORE 9 AM:

1 Day BEFORE your Procedure:

- Okay to take your routine daily medications & supplements (**excluding the ones above**) as usual
- **NO SOLID FOOD**, ONLY clear liquids
 - o Coffee & Tea (no milk or creamer), Water, Gatorade, Juices, Broth, Jell-O, etc.
 - o Avoid red or purple drinks & milk products
- **SuPrep Preparation: 1st bottle at 5 pm and 2nd bottle at 10 pm**
 - o One 6 oz prep bottle into Cup, add water to line (16 oz total)
 - o Consume all 16 oz. of prep mix THEN **drink 2 more ADDITIONAL CUPS** (16 oz. each) of the fluid of your choice over next 1 hour

Day of Procedure: (See Sedation & Surgery Center Rules below as well)

- o Do not take your other routine daily morning medication (take AFTER your procedure)

PROCEDURE 9 AM to 12 PM:

1 Day BEFORE your Procedure:

- Okay to take your routine daily medications & supplements (**excluding the ones above**) as usual
- Light breakfast is okay (complete BEFORE 9 am, includes eggs, smoothies, low grain cereal- Avoid high fiber cereal and oatmeal, vegetables).
- **AFTER 9 am: NO SOLID FOOD**, ONLY clear liquids
- **SuPrep Preparation: 1st bottle at 5 pm** (Drink fluids as instructed above for SuPrep)

Day of Procedure: (See Sedation & Surgery Center Rules below as well)

- Take 2nd bottle at **5 am** (Drink fluids as instructed above for SuPrep)
- Okay to take your other daily medication **BEFORE 7 am**

PROCEDURE AFTER 12 PM:

1 Day BEFORE your Procedure:

- Okay to take your routine daily medications & supplements (**excluding the ones above**) as usual
- Light breakfast & Light Lunch is Okay (complete BEFORE 12 pm, includes eggs, smoothies, low grain cereal, soups, pasta, rice, chicken & fish. Avoid high fiber cereal, oatmeal, vegetables, red or fatty meat).
- **AFTER 12 PM: NO SOLID FOOD**, ONLY clear liquids
- **SuPrep Preparation: 1st bottle at 8 pm**

Day of Procedure: (See Sedation & Surgery Center Rules below as well)

- Take 2nd bottle at **8 am** (Drink fluids as instructed above for SuPrep)
- Okay to take your other daily medication **BEFORE 10 am**

**IF a "2 DAY Prep" is recommended, take 2 tablets of Dulcolax laxative (over the counter) in the morning and evening
TWO (2) DAYS PRIOR to your procedure**

SEDATION RULES: ABSOLUTELY NO LIQUID CONSUMPTION 2 HOURS BEFORE A PROCEDURE

SURGERY CENTER RULES: YOU MUST HAVE SOMEONE TO DRIVE YOU HOME

- *No Facility will allow a procedure without an identifiable escort available*

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Diablo Plaza Surgery Center
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