

Patient Name: \_\_\_\_\_

JAMES D. TOROSIS, M.D.

Patient DOB: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

VICKY W. YANG, M.D.

Location: AEC      SEQ      ECH

DANIEL S. RENGSTORFF, M.D.

CYNTHIA W. LEUNG, M.D.

## Colonoscopy SUPREP Split Preparation Instructions

Proc Date: \_\_\_\_\_ Check-In: \_\_\_\_\_ Proc Time: \_\_\_\_\_ Check-Out: \_\_\_\_\_

7 Days Prior	5 Days Prior	3 Days Prior	2 Days Prior	1 Day Prior	Procedure Day
<p><b>Arrange a ride.</b> You must have an escort drive you home or the procedure will be cancelled. Taxi, Uber, and public/county transportation are not allowed.</p> <p>On your procedure day you will not be able to work, drive, operate equipment, sign any important papers, drink alcohol or take sedatives for the remainder of that day.</p> <p><b>Stop eating seeds and nuts.</b> Throughout this prep, you should continue taking all your normally prescribed medications unless otherwise instructed.</p>	<p><b>Check with your insurance company</b> for your copay and deductible.</p> <p><b>Confirm your ride.</b></p>  <p>If you take blood thinners, (Coumadin, Plavix, Xarelto, Pradaxa, Effient or similar) please check with your doctor when you should stop this medication.</p>	<p><b>Pick up your prescribed prep at the pharmacy</b> if you have not already done so.</p> <p><b>Stop taking NSAIDs</b> (such as ibuprofen, Advil, Motrin, Aleve, etc). You may take Tylenol (acetaminophen) or continue a daily aspirin.</p> <p><b>Consider buying personal hygiene wipes</b> or hemorrhoid cream to prevent a sore bottom.</p>	<p><b>Drink at least 6 glasses of water throughout the day.</b></p> <p><b>Avoid obviously greasy, oily or fried foods.</b></p>	<p><b>Start "Clear Liquid Diet" today.</b> Clear liquids include clear juice, tea, Jello, broth, coffee without cream – anything you can see your fingers through. Avoid red or purple colors please!</p> <p><b>AT 6PM:</b> Take the first dose of Suprep with water as instructed on the box. Over the next 2 hours, drink 2 additional 16-oz cups of water.</p> <p>If you become nauseated or vomit while drinking the prep, take a break and resume drinking prep when symptoms subside. You can also try sucking on a wedge of lemon or lime to help. If you are unable to keep any of the prep down, please call: <b>(650) 365-3700</b></p>	<p>Take your regular medications unless instructed otherwise.</p> <p><b>4 HOURS BEFORE PROCEDURE:</b> Take the second dose of Suprep with water as instructed on the box. Over the next 2 hours, drink 2 additional 16-oz cups of water.</p> <p>Continue to drink clear liquids until 2 hours pre-procedure.</p> <p><b>*** NOTHING BY MOUTH STARTING 2 HOURS BEFORE PROCEDURE, or it will be cancelled. ***</b></p> <p>Be sure to bring your insurance card and copay, but leave money &amp; valuables at home!</p> <p><b>Atherton Endoscopy Center</b> <b>3351 El Camino Real Ste 220</b> <b>Atherton, CA 94027</b> <b>(650) 363-2800</b></p> <p>Please call if you are having troubles getting to the center on the day of your procedure.</p>

**\*\*PLEASE STOP YOUR \_\_\_\_\_ ON \_\_\_\_\_.**