

Suprep for Colonoscopy

NO SMOKING, No Aspirin, Coumadin or Iron Supplement/products 5 days before your colonoscopy (Review products to avoid handout). Visit website: www.colonoscopyfordummies.com

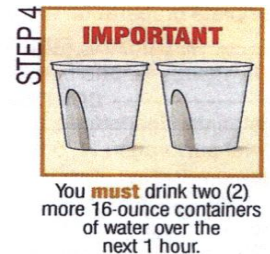
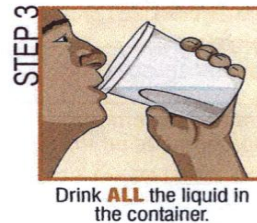
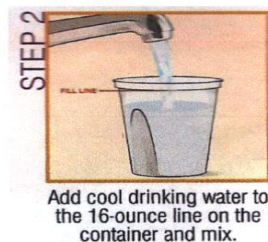
Two days before the procedure start to hydrate by drinking 64 oz's of water. (Aside from the liquids taken during meals to avoid dehydration). Eight 8 oz glasses of water throughout the day

Day before: Clear Liquid Diet for the entire day. DO NOT FAST. Drink 64 oz's of water aside from the liquids taken during meals Eight 8 oz glasses of water throughout the day

NO Milk, NO dairy products, NO juices with pulp. No RED, Orange, blue, green or PURPLE dyes. YELLOW AND CLEAR:
Soups: chicken or beef broth, clear protein drinks (ISOPURE found at The Vitamin Shoppe), Clear Juices or Chrystal light, popsicles, jell-o, hard candy. *NO SOLID FOOD OF ANY KIND* CLEAR LIQUIDS ONLY*.

At 6:00 PM : Begin SUPREP Bowel Preparation: Step 1: Pour one 6 oz bottle of Suprep liquid into the mixing container. Step 2: Add cool drinking water to the 16 oz container and mix. Step 3: Drink all the liquid in the container. Step 4: IMPORTANT: You must drink two (2) more 16 oz containers of water over the next 1 hour. Continue to drink clear liquids throughout the evening. *** CALL THE DOCTOR BY 9:00 PM IF YOU ARE NOT HAVING BOWEL MOVEMENTS OR IF YOUR RESULTS ARE NOT WATERY AT THIS TIME.**

NOTHING TO EAT OR DRINK AFTER MIDNIGHT, EXCEPT FOR THE REMAINING PREP SOLUTION WHICH NEEDS TO BE CONSUMED 4 HOURS PRIOR TO YOUR ARRIVAL TIME.



At ____ a.m. Start drinking the second portion of the Prep. Repeat Steps 1-4, using the other 6-oz bottle in the kit.

Arrival Time: _____ am/pm Date: _____

Los Robles Hospital, GI LAB 215 West Janss Road, Thousand Oaks 91360 (805)370-4376
*Please call Conejo Los Robles Anesthesiology group prior to your procedure at (805)578-8300

Advanced Gastroenterology, Inc. 555 Marin Street # 270 Thousand Oaks 91360 (805)719-0244

Conejo Valley Surgery Center 311 Haigh Rd # 100 Thousand Oaks, 91320 (805)273-5200

Los Robles Surgical Center 2190 Lynn Road, #100 Thousand Oaks (805)497-3737
Please call Conejo Anesthesia (805)578-8300 Ext: 245 ask for Dawn to discuss Anesthesia

Please provide a **5 day advanced notice** of any change to this appointment (805)719-0244 otherwise if less than 5 days a **\$200.00 cancelation fee** will apply > and a **\$75.00 rescheduling fee**>.

You must arrange for someone to drive you home, as you will be sedated for the exam. The doctor will talk to you after the exam, will give you recommendations for diet, medication, follow up care, etc. Wear comfortable clothing; bring your glasses, hearing aids, insurance card(s).