

Patient Name: _____


Patient DOB: _____

Location: _____

- JAMES D. TOROSIS, M.D.
- VICKY W. YANG, M.D.
- DANIEL S. RENGSTORFF, M.D.
- CYNTHIA W. LEUNG, M.D.

Colonoscopy Suprep Split Preparation Instructions

Appointment Date: _____ Check-in Time: _____ Procedure Time: _____ Escort back: _____

7 Days Prior	5 Days Prior	3 Days Prior	2 Days Prior	1 Day Prior	Procedure Day
<p>Arrange a ride. You must have an escort drive you home or the procedure will be cancelled. Taxis, Uber, and public/county sponsored transportation are not allowed.</p> <p>Just a reminder: 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>Stop eating seeds and nuts.</p> <p>Throughout this prep you should continue taking all your normally prescribed medications unless you have been otherwise instructed.</p>	<p>Check with your insurance company for:</p> <ul style="list-style-type: none"> ✓ Copay ✓ Deductible <p>Confirm your ride</p>  <p>If you are taking any blood thinners (coumadin, plavix, xarelto, pradaxa, effient or similar) please check with your doctor when you should stop this medication</p>	<p>Pick up your prescribed prep at the pharmacy if you have not already done so.</p> <p>Consider buying personal hygiene wipes or hemorrhoid cream to prevent a sore bottom</p> <p>You may take Tylenol (acetaminophen) or continue a daily aspirin (if you have heart disease, history of stroke, etc).</p> <p>Stop taking anti-inflammatory medications (such as ibuprofen, Advil, Motrin, Aleve, etc)</p>	<p>Drink at least 6 glasses of water throughout the day.</p> <p>From this day on, avoid obviously greasy, oily or fried foods.</p>	<p>Start "Clear Liquid Diet" today. (If you can clearly see your fingers through a glass of the drink, it's a clear liquid!) Clear liquids include clear juice, tea, Jello, broth, coffee without cream. Avoid red or purple flavors please!</p> <p>FIRST DOSE: At _____ take the first dose of suprep mixed with water as instructed on the box. Over the next 2 hours drink 1-2 additional 16 ounce 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. If you are unable to keep any of the prep down please call:</p> <p style="text-align: center;">650-365-3700</p>	<p>Take your regular medications unless instructed otherwise.</p> <p>SECOND DOSE: 4 hours before your procedure take another dose of suprep mixed with water. Over the next 1-2 hours drink two additional 16 ounce cups of water. You may need to set an alarm clock to wake you to do this.</p> <p>You may drink clear liquids up to 2 hours before your procedure. *** NOTHING by mouth for 2 HOURS BEFORE PROCEDURE or your procedure will be cancelled ***</p> <p>Be sure to bring Insurance card Leave money & valuables at home! **Please note the Atherton Endoscopy Center is at 3351 El Camino Real, #220, Atherton CA</p> <p>*Please call 650-363-2800 the day of exam if you are having troubles getting to the center.</p>

**** - Please stop your _____ on _____.**

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