

Patient Name: _____


Patient DOB: ____/____/____

Location: **AEC** **SEQ** **ECH**

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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>Arrange a ride. 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>Stop eating seeds and nuts.</p> <p>Throughout this prep, you should continue taking all your normally prescribed medications unless otherwise instructed.</p>	<p>Check with your insurance company for your copay and deductible.</p> <p>Confirm your ride.</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>Pick up your prescribed prep at the pharmacy if you have not already done so.</p> <p>Stop taking NSAIDs (such as ibuprofen, Advil, Motrin, Aleve, etc). You may take Tylenol (acetaminophen) or continue a daily aspirin.</p> <p>Consider buying personal hygiene wipes or hemorrhoid cream to prevent a sore bottom.</p>	<p>Drink at least 6 glasses of water throughout the day.</p> <p>Avoid obviously greasy, oily or fried foods.</p>	<p>Start "Clear Liquid Diet" today. 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>AT 6PM: 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: (650) 365-3700</p>	<p>Take your regular medications unless instructed otherwise.</p> <p>4 HOURS BEFORE PROCEDURE: 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>*** NOTHING BY MOUTH STARTING 2 HOURS BEFORE PROCEDURE, or it will be cancelled. ***</p> <p>Be sure to bring your insurance card and copay, but leave money & valuables at home!</p> <p>Atherton Endoscopy Center 3351 El Camino Real Ste 220 Atherton, CA 94027 (650) 363-2800</p> <p>Please call if you are having troubles getting to the center on the day of your procedure.</p>

****PLEASE STOP YOUR _____ ON _____.**