

**YOUR PROCEDURE IS SCHEDULED FOR \_\_\_\_\_ AT \_\_\_\_\_**

- [ ] **LOS ALAMITOS MEDICAL CENTER** at 3751 Katella Avenue.  
Please report to PATIENT REGISTRATION in the MAIN lobby **1 HOUR before** the scheduled procedure even though you may have been pre-registered. (Please call the hospital at (562)799-3166, between 8:00am - 8:00pm, the day before your procedure, to pre-register)
- [ ] **MEMORIALCARE OUTPAT SURGICAL CENTER** at 3833 N. Worsham Ave, Suite 200.  
Please arrive **45 minutes before** the scheduled procedure.
- [ ] **REAGAN STREET SURGERY CENTER** at 10904 Reagan Street in Los Alamitos.  
Please arrive **45 minutes before** your scheduled appointment.

**\*Important\***

**A \$150.00 FEE WILL BE CHARGED TO YOU FOR PROCEDURES CANCELLED WITHIN 72 HOURS. (3 DAYS)**

### **5 DAYS BEFORE YOUR COLONOSCOPY (SUPREP BOWEL PREP)**

#### **Food and Supplements restrictions:**

- Stop taking all iron, bismuth (Pepto-Bismol), herbal supplements and vitamins for 5 days.
- Stop any fiber supplements such as Metamucil, Konsyl, or Psyllium husk for 5 days.
- Begin a low residue, low fiber diet. Avoid raw vegetables, corn, dried fruits, fruit skins, popcorn, nuts, and foods with small seeds such as tomatoes, sesame seeds, strawberries and cucumbers for 2 days. Limit milk.

#### **Diabetic patients: Follow these guidelines**

- It is important to monitor your blood sugar during the bowel preparation
- Oral medicine ["sugar pill"]: Do not take either the day before or the day of your colonoscopy
- Long acting insulins such as Lantus, Levemir Insulin: Take 1/2 of your usual dose.
- Short or fast acting insulins such as Humalog or Novolin: Do not take them on the day of your procedure.
- Check with your diabetes or prescribing physician if you have any questions or concerns about this.

**BEFORE THE EXAMINATION** pick-up your prescription for "Suprep" at your pharmacy.

Take **dulcolax tablets (if recommended)**, at \_\_\_\_\_ (tablets included)

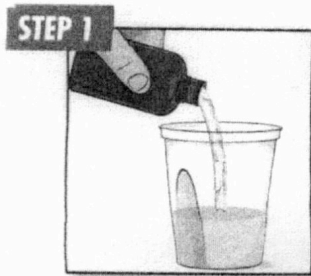
### **DAY BEFORE THE EXAMINATION**

Drink **ONLY CLEAR LIQUIDS** (nothing red or green in color!) the ENTIRE day. NO SOLID FOOD or alcohol until after your examination the next day. You may begin drinking liquids at any time. Acceptable clear liquids may include: jello, clear chicken bouillon, clear fruit juices such as white grape or apple juice; gingerale, 7-up, black coffee or tea (sugar is permitted). **ALTHOUGH, we strongly recommend limiting your beverages to "SmartWater", PROPEL, Pedialyte, Gatorade or other electrolyte enhanced water beverages** as they are generally non-carbonated, water-based beverages that replenish the body of the necessary electrolytes, minerals, etc. which are "lost" during the cleansing period. Turn sheet over for further instructions.

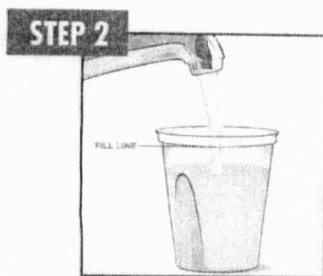
**FIRST DOSE: BEGIN AT \_\_\_\_\_ PM and complete Steps 1 through 4 as shown below with the first 6-oz bottle.**

**SECOND DOSE : BEGIN AT \_\_\_\_\_ PM and REPEAT Steps 1 through 4 as shown above using the second 6-oz bottle.**

**Once finished, CONTINUE TO DRINK CLEAR LIQUIDS until bedtime or 5 hours before your procedure. You can tell when you are "clean", your stool water will be "clear".**

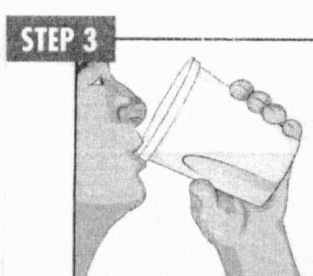


**STEP 1**  
Pour **ONE (1)** 6-ounce bottle of SUPREP liquid into the mixing container.

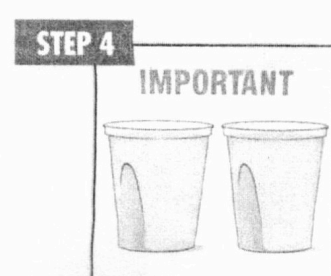


**STEP 2**  
Add cool drinking water to the 16-ounce line on the container and mix.\*

\*Dilute with "sparkling" water (i.e. carbonated/unflavored)



**STEP 3**  
Drink **ALL** the liquid in the container.



**STEP 4**  
**IMPORTANT**  
You **must** drink two (2) more 16-ounce containers of water over the next 1 hour.

## DAY OF THE EXAMINATION

1. **IN THE MORNING, "NOTHING BY MOUTH" UP TO 4 HOURS BEFORE THE EXAMINATION, INCLUDING WATER!** (If you are concerned about your routine medications, please discuss this with the nurse or doctor).
2. Report to the facility as indicated on the first page. Wear comfortable, loose-fitting clothing. Do not wear any jewelry, with the exception of rings. The approximate time at the surgery center is 2 to 2 ½ hours.
3. **BECAUSE OF THE SEDATION THAT YOU WILL BE GIVEN DURING THE EXAM, YOU MUST ARRANGE FOR SOMEONE TO DRIVE YOU HOME AFTER YOUR PROCEDURE.** If you plan on taking a taxi or bus, you **MUST** have someone with you to accompany you home.
4. If you have any questions regarding the above information or the exam itself, PLEASE call our office and speak the nurse. **IF YOU ARE UNABLE TO KEEP THIS APPOINTMENT PLEASE NOTIFY OUR OFFICE AT (562)493-1011, A 24 HOUR NUMBER!**

### **Medications [Aspirin/NSAIDS/Anticoagulants] restrictions:**

- If safe for you, stop taking aspirin for 5 days. Some people may be better off continuing a low dose [baby] aspirin. Check with your prescribing physician about what is best for you.
- If taking NSAIDs or anti-inflammatory medications such as ibuprofen, Advil, or Motrin, Naproxen or Alleve, stop for 5 days before your colonoscopy.
- If taking Coumadin [warfarin], stop for 5 days before your colonoscopy.
- If taking anti-platelet drugs such as Plavix, Effient or Brilanta stop for 7 days before your colonoscopy.
- If taking blood thinners such as Pradaxa, Xarelto, Eliquis, stop for 2 days before your colonoscopy.
- If you have any questions or concerns regarding stopping your anticoagulation medication, please check with your prescribing physician

**FOR YOUR INFORMATION REGARDING YOUR MEDICAL INSURANCE:** Charges for your procedure are billed independently by the physician, facility and pathologist (i.e. of any tissue samples are taken during your examination). Please note that **the FACILITY MAY REQUIRE PAYMENT AT THE TIME OF SERVICE** if there are any outstanding out-of-pocket fees i.e. deductible, co-insurance, co-payments, etc. Since facility charges DO NOT involve physician fees, please contact your insurance company for confirmation of your financial obligation.