

Name: _____ DOB: _____ **JAMES D. TOROSIS, M.D.**
 VICKY W. YANG, M.D.
Date/Time of Procedure: _____ **DANIEL S. RENGSTORFF, M.D.**
Arrival Time: _____ **CYNTHIA W. LEUNG, M.D.**
Anticipated Departure Time: _____ LOCATION: _____

COLONOSCOPY WITH SUPREP Bowel Prep Kit
Preparation Instructions

***** Five days before the procedure:**

Please do not take any coumadin, aspirin, Plavix, Pradaxa or nonsteroidal anti-inflammatories, such as ibuprofen (Advil, Motrin), naproxen (Aleve), Feldene, Relafen, etc. Acetaminophen (Tylenol) is acceptable.

◆ Please stop taking iron supplements and stop eating food products with seeds.

***** One day before the procedure:**

You may not have any solid foods. You may have clear liquids only. These clear liquids include: coffee/tea with sweetener only, beef/chicken broth, apple juice, white grape or white cranberry juices, Gatorade, soda pop, popsicles, and Jell-O. Please, no red or purple colors.

Prepare the **first** dose of Suprep and drink at _____ **PM**. Pour **ONE** 6oz bottle of Suprep liquid into the plastic mixing cup provided. Add cool water to the fill line and mix well. Drink **ALL** the liquid in the cup. **AND**, drink two more plastic cups of water (32oz) over the next one hour.

Prepare the **second** dose of Suprep and drink at _____ **PM or by _____ AM**, the morning of the procedure. Please follow the above directions exactly including drinking the water.

***YOU MAY NOT CONSUME ANYTHING BY MOUTH
WITHIN 2 HOURS OF YOUR PROCEDURE**

◆ If you develop nausea/vomiting, please stop and take a 30 minute break. It may help to suck on a lime wedge prior to drinking another glass of the prep. If you are having difficulties finishing drinking the prep, please call the office, so that you can discuss with our physician on call.

STOP DRINKING ALL LIQUIDS: by midnight the night before the procedure or after your second dose of Suprep the morning of the procedure. ***Please see above asterisk statement***

You may take your morning medications with a small glass of water, unless otherwise instructed. If you are a diabetic, please discuss your medications with one of us.

You will most likely receive sedation and will require a designated driver to take you home. Public transportation and taxis are **not an option**. If you need assistance, our office may be able to help you find a ride.