



NORTH VALLEY GASTROENTEROLOGY MEDICAL GROUP  
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YOUR PHYSICIAN:             DR. KAPOOR     DR. CHOW     DR. DOMA     DR. KIM

### SUPREP-BOWEL PREPARATION

Patient Name: \_\_\_\_\_ Date of Procedure: \_\_\_\_\_ Time: \_\_\_\_\_

Place:     The Endoscopy Center (Suite 100)     Adventist Health and Rideout Hospital

**IF YOUR PROCEDURE IS AT THE ENDOSCOPY CENTER: PLEASE READ RIGHT AWAY!**

1. Call your insurance company to verify benefits at The Endoscopy Center.
2. Please do not arrive any earlier than your scheduled time, as a bed may not be available.
3. Your procedure is scheduled to start approximately 30 minutes after your scheduled arrival time.
4. Your total length of stay will be approximately 2 hours depending on scheduling or procedure time.
5. You will need to bring a list of all medications you are taking.
6. If you wear reading glasses, please bring them. You need them to read your consent and discharge instructions.
7. Wear comfortable clothing- you will be given a patient gown to wear for the procedure.
8. It would be best to leave your valuables at home.
9. If you normally wear a pad for urine or stool incontinence, you may want to do so after the procedure.

**Pharmacy supplies:**

1. Suprep (Prescription sent)
2. Dulcolax tablet (Four tablets) Over the counter
3. Gas X tablets (Four tablets) Over the counter

**SPECIAL INSTRUCTIONS AND RESTRICTIONS:**

1. Let your doctor know if you are on any blood thinners such as Plavix, Pradaxa, Effient, Prasugrel, Aggrenox, Warfarin, Eliquis, Xarelto or lovenox.  
Hold (            )--    days before procedure after permission from prescribing doctor. PLEASE CALL YOUR PRECRIBING DOCTOR BEFORE HOLDING.
2. DO TAKE YOUR BLOOD PRESSURE AND HEART MEDICATIONS.
3. Insulin and Diabetes Pills: If you are a diabetic, it is important to monitor your blood sugar while doing the bowel preparation. You should take only ½ of your usual dose of insulin or pills on your prep day. You should not take any diabetic medications on the day of your procedure. Please be sure to check your blood sugar at home at all meals, at bedtime and on the morning of your exam.
4. Please bring only ONE person as space is limited. **CHILDREN ARE NOT ALLOWED.**
5. **YOU WILL NEED A DRIVER the day of your procedure. The driver will need to stay during your procedure. Your Physician will speak to you and your driver between procedures, Because of the medication you may not remember your doctor**

**talking to you. This makes it very important that your driver be present to hear what the doctor has to say.**

- 6. You will be sedated for your procedure and likely to be sleepy. You MUST NOT DRIVE (it is illegal and unsafe), operate machinery, use stove/oven, make important decisions, or sign important papers for 24 hours. (We CANNOT send you home in a taxi, uber, or any other public transportation.)**

**Five days before your colonoscopy:**

- Start a low fiber diet (avoid nuts, seeds, corn, raw (uncooked) fruits and vegetables).
- Stop iron, including medications or vitamins that contain iron.

**DAY BEFORE THE PROCEDURE:**

1. Clear liquids or broth may be taken all day long. Black coffee, tea, soda, apple juice, popsicles or Jell-O is allowed ( No red Jell-O).
2. Do not have any milk or milk products.
3. **Do not have anything colored Red!!**

**At 12 noon,** Take 4 dulcolax tablets.

**At 5pm, the night before;**

Step 1: Pour ONE (1) 6 oz bottle of Suprep liquid into the mixing container.

Step 2: Add cool drinking water to the 16 oz line on the 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 (or any clear liquid) over the next hour.

Take Two Gas X tablets

**The next morning (at 12 midnight):**

Step1: Repeat steps 1-4, using the other 6 oz bottle of Suprep.

Take Two Gas X tablets

Continue to drink a clear liquid up until **four hours before your colonoscopy (Nothing to drink the four hours before the exam).**

**IF YOU VOMIT OR CAN'T DRINK THE SUPREP, PLEASE CALL THE OFFICE RIGHT AWAY AT (530) 671-3671. If it's after business hours leave a message with the answering service.**