



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

### SUPREP-BOWEL PREPARATION

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

Place:                     The Endoscopy Center                     Rideout Memorial 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. Doors open at 7:00am.
3. Your procedure will start approximately 30 minutes after your scheduled arrival time.
4. Your total length of stay will be approximately 2 hours.
5. You will need to bring a list of all medications taken in the past 30 days.
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.

**SPECIAL INSTRUCTIONS AND RESTRICTIONS:**

1. **NO ASPIRIN**, 7 days prior to or 2 weeks after procedure. This includes all Alka-Seltzer + Arthritis medications (e.g. Advil, Motrin, Plavix, etc. unless cleared by your doctor. Tylenol is allowed. Let your doctor know if you are on any blood thinners such as Coumadin.) PLEASE CALL TO CLARIFY ANY QUESTIONS.
2. **ON THE DAY OF YOUR PROCEDURE DO TAKE YOUR BLOOD PRESSURE AND HEART MEDICATIONS.**
3. If you take **INSULIN**, DO NOT TAKE IT until AFTER your procedure.
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 and someone to stay with you. 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.)
6. 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.

**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 5 P.M. \*DAY BEFORE THE TEST\*:**

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.

**4 HOURS PRIOR \*MORNING OF THE TEST\*:**

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

**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.**