



DIABLO DIGESTIVE CARE

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COLONOSCOPY INSTRUCTIONS (SUPREP)

SURGERY CENTER: EXECUTIVE BRENTWOOD ASPEN

PROCEDURE DATE & TIME: _____ ARRIVAL TIME: _____

THE KEY TO A SUCCESSFUL PREPARATION IS FLUIDS BEFORE & DURING PREP SOLUTION

5 DAYS PRIOR: DISCONTINUE

- FIBER AGENTS:
 - METAMUCIL, CITRUCEL, FLAX, ETC.
- MEDICATION:
 - ORAL IRON, ASPIRIN, NSAIDS (IBUPROFEN, ADVIL, MOTRIN, ALEVE, ETC.)
- BLOOD THINNERS
 - COUMADIN (DISCUSS WITH DR, CHAHAL IF A LOVENOX BRIDGE IS REQUIRED)

3 DAYS PRIOR: DISCONTINUE

- BLOOD THINNERS:
 - ELIQUIS, PRADAXA, XARELTO

1 DAY PRIOR: NO SOLID FOOD, ONLY CLEAR LIQUIDS (FOR ENTIRE DAY)

- COFFEE, TEA, WATER, GATORADE, JUICES, BROTH, JELL-O, ETC.
 - AVOID RED OR PURPLE DRINKS
 - AVOID MILK PRODUCTS

EVENING PRIOR (5-6 PM): START YOUR SUPREP PREPARATION

- ONE 6 OZ PREP BOTTLE INTO CUP, ADD WATER TO LINE (16 OZ TOTAL)
- BITE LEMON/LIME WEDGE BEFORE & AFTER DRINKING SOLUTION
- CONSUME ALL 16 OZ OF PREP MIX THEN DRINK 2 MORE ADDITIONAL CUPS (16 OZ EACH) OF THE FLUID OF YOUR CHOICE OVER NEXT 1 HOUR

MORNING PRIOR (5-6 AM): FINISH YOUR SUPREP PREPARATION

- FOLLOW SAME INSTRUCTIONS AS EVENING PREP

2 HOURS PRIOR:

- ALL FLUIDS MUST BE CONSUMED
 - MAY HAVE TO START PREP EARLIER IF EARLY PROCEDURE SCHEDULED
- NOTHING BY MOUTH

AFTER YOUR PROCEDURE:

- DR. CHAHAL WILL SPEAK WITH YOU REGARDING YOUR RESULTS
- A RESULT LETTER WILL BE EMAILED TO YOU WITHIN 2 WEEKS
 - *IF YOU DO NOT RECEIVE A LETTER, CONTACT OUR OFFICE*
- YOU MUST HAVE SOMEONE TO DRIVE YOU HOME
 - *NO FACILITY WILL ALLOW A PROCEDURE WITHOUT AN IDENTIFIABLE ESCORT AVAILABLE*

***** PLEASE CALL OUR OFFICE (925) 363-0069 FOR ANY QUESTIONS OR ISSUES**