

**SANTA BARBARA
GASTROENTEROLOGY CONSULTANTS
MEDICAL GROUP**

Name: _____

Facility: Santa Barbara Endoscopy Center

Santa Barbara Cottage Hospital

Santa Ynez Cottage Hospital

Procedure Date: _____

Check In Time: _____

COLONOSCOPY PREPARATION SHEET: SUPREP

5 Days Prior	4 Days Prior	3 Days Prior	2 Days Prior	One Day Prior	Colonoscopy Day
<ul style="list-style-type: none"> <input type="checkbox"/> Arrange a Ride <input type="checkbox"/> Go to pharmacy with your prescription for Suprep <input type="checkbox"/> Stop taking Coumadin or Plavix. Follow instructions of your physician if alternative blood thinners are needed 	<ul style="list-style-type: none"> <input type="checkbox"/> Last chance to cancel the procedure appointment without a LATE CANCEL charge 	<ul style="list-style-type: none"> <input type="checkbox"/> Review diet instructions for the coming 3 days. Plan meals and shopping to comply with instructions <input type="checkbox"/> Confirm your ride <input type="checkbox"/> Start patient questionnaire. Any questions regarding the questionnaire can be discussed with the nurse at check-in <input type="checkbox"/> Stop any fiber supplements 	<ul style="list-style-type: none"> <input type="checkbox"/> Drink AT LEAST 8 glasses of water or liquid during the day <input type="checkbox"/> Eat well balanced meals BUT AVOID: <ul style="list-style-type: none"> - Raw fruits - Raw vegetables - Nuts or popcorn - Foods with small seeds such as tomato, sesame, or melon seeds <input type="checkbox"/> No solid food after midnight 	<ul style="list-style-type: none"> <input type="checkbox"/> Drink AT LEAST 8 glasses of water or liquid during the day <input type="checkbox"/> Follow a strict clear liquid diet ALL DAY <input type="checkbox"/> At 6 PM, drink the first dose of Suprep (See back of this sheet complete steps 1-4) <input type="checkbox"/> Verify that patient questionnaire is completed <input type="checkbox"/> Do not schedule any important activities on the day of procedure. 	<ul style="list-style-type: none"> <input type="checkbox"/> Beginning at 4 hours before your colonoscopy drink the last dose of Suprep (See back of this sheet, repeat steps 1-4) <input type="checkbox"/> After the last dose of Suprep, do not eat or drink anything. You may resume your normal diet after the procedure. <input type="checkbox"/> You may take your regular prescriptions with small sips of water <input type="checkbox"/> If you take insulin shots, follow the instructions you were given for procedure day <input type="checkbox"/> Be sure to bring: <ul style="list-style-type: none"> <input type="checkbox"/> PHOTO ID <input type="checkbox"/> A ride home <input type="checkbox"/> Insurance Card <input type="checkbox"/> Completed patient questionnaire <input type="checkbox"/> Leave money and valuables at home <input type="checkbox"/> Allow 2-4 hours at the Cottage facility Or 90 minutes at SBEC
<p>No Coumadin or Plavix</p>					<p>Consider stopping all casual (not Dr. recommended) Aspirin or NSAIDS-no ibuprofen, Advil, Aleve, naproxen, Excedrin---only Tylenol is okay</p>

SANTA BARBARA GASTROENTEROLOGY CONSULTANTS MEDICAL GROUP



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



Add cool drinking water to the 16-ounce line on the container and mix.



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



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

NOTE: Dilute the solution concentrate as directed prior to use.

NOTE: You **must** finish drinking the final glass of water at least 1 hour, or as directed, before your colonoscopy.

Notes and Suggestions

- “Clear fluids” means liquids that you can hold up to the light and see through. Examples: Juices without pulp, sodas, coffee, tea, Jell-O, broth, Gatorade and similar sports drinks. **NO RED OR PURPLE**
- Diarrhea will occur during the preparation. Stay at home near the bathroom
- Irritation at the anal canal may occur. Vaseline applied to the skin around the anus may protect from burning later during the prep.
- YOU MAY NOT DRIVE HOME AFTER THE PROCEDURE.** You are advised not to drive the entire day. A responsible adult must accompany you home, even if you are taking a taxi or bus. Your procedure will be canceled if you have not made appropriate arrangements
- Post Procedure instructions will be given to you at the facility when you are discharged

Directions for Facilities

- Santa Barbara Endoscopy Center is at 25 W. Micheltorena St, Santa Barbara, CA 93101. Parking is available on the street (90 minute limit after 9 AM) or in designated spaces behind the building.
- Cottage Hospital admitting office is in the main lobby of the hospital. If your procedure is at Cottage, you must register for the *GI Lab* at the admitting office. The entrance is located on Bath St. Allow adequate time.
- Santa Ynez Cottage Hospital registration is directly inside the main entrance.