

SANTA BARBARA GASTROENTEROLOGY CONSULTANTS COLONOSCOPY PREPARATION SHEET: SUPREP

Patient Name: _____

Facility: Santa Barbara Endoscopy Center
 Cottage Hospital
 Santa Ynez Cottage Hospital

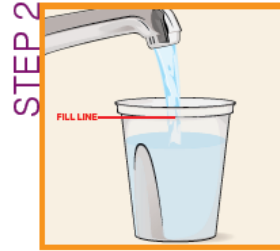
Procedure Date: _____ Check In Time: _____

5 Days Prior	4 Days Prior	3 Days Prior	2 Days Prior	One Day Prior	Colonoscopy Day
<input type="checkbox"/> Arrange for a ride to and from Facility <input type="checkbox"/> Go to pharmacy with your prescription for Suprep <input type="checkbox"/> Stop taking Coumadin or Plavix. Follow the instructions of your physician if alternative blood thinners are needed <div style="border: 1px solid red; padding: 5px; width: fit-content; margin-top: 10px;"> <p style="text-align: center;">No Coumadin or Plavix</p> </div>	<input type="checkbox"/> Last chance to cancel the procedure without a cancellation fee <input type="checkbox"/> For Co-payment questions call Santa Barbara Endoscopy Center billing at 855-215-4614 or Cottage Hospital at 805-682-7111 ext. 53688	<input type="checkbox"/> Review diet instructions for the coming 3 days. Plan meals and shop to comply with instructions <input type="checkbox"/> Confirm your ride to and from facility <input type="checkbox"/> Start patient questionnaire. Any questions regarding the questionnaire can be discussed with the nurse during admission <input type="checkbox"/> Stop any fiber supplements	<input type="checkbox"/> Drink AT LEAST 8 glasses of water or clear liquid during the day <input type="checkbox"/> Eat well balanced meals BUT AVOID: - 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 <input type="checkbox"/> Stop taking Eliquis, Pradaxa, or Xarelto after the morning dose (48 hours prior to procedure).	<input type="checkbox"/> Drink at least 8 glasses of water or clear liquid during the day <input type="checkbox"/> Follow a strict clear diet ALL DAY <input type="checkbox"/> At 6PM, drink the first dose of Suprep (See the back of this sheet and 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 <input type="checkbox"/> You may not drive or go home unaccompanied in a taxi after your procedure	<input type="checkbox"/> Beginning 4 hours before your colonoscopy, drink the last dose of Suprep (See the back of this sheet and complete steps 1-4) <input type="checkbox"/> After the last dose of Suprep and liquids, do not eat or drink anything. You may resume a normal diet after the procedure. <input type="checkbox"/> You may take regular prescriptions with small sips of water (but not blood thinners). <input type="checkbox"/> If you take insulin shots, follow the instructions for lowered dose you were given for procedure day <input type="checkbox"/> Be sure to bring: <ul style="list-style-type: none"> • Insurance card or Medicare card • Identification (CA driver's license, or ID card) • Cash, check or credit card (Visa or Master Card) for co-payment and/or deductible payment. (For co-payments or deductible amount, please contact Santa Barbara Endoscopy Center billing at 855-215-4614 or the Cottage Health System Admitting Department at (805) 682-7111 ext. 53688) <input type="checkbox"/> Allow 2-4 hours at the cottage facility or 90 minutes at SBEC
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p>Consider stopping all casual (not Dr. recommended) Aspirin or NSAIDS-no ibuprofen, Advil, Aleve, Naprosyn, Excedrin---only Tylenol is okay</p> </div>					

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 lobby **LOCATED ON THE ENTRANCE OFF THE CORNER OF PUEBLO AND BATH STREETS.** If your procedure is at Cottage, you must register for the *GI Lab* at the admitting office. Again the entrance is located on Bath St. Allow adequate time.

Santa Ynez Cottage Hospital registration is directly inside the main entrance.