

David H. Y. Lin, M.D.  
905 San Ramon Valley Blvd., Suite 206  
Danville, CA 94526

Telephone: 925-831-9200

Fax: 925-831-9317

COLONOSCOPY PREP

You Are Scheduled for a colonoscopy on \_\_\_\_\_ at \_\_\_\_\_.  
Check in no later than \_\_\_\_\_.

Please report to: San Ramon Endoscopy Center (directions on back)

**PLEASE ARRANGE FOR SOMEONE TO DRIVE YOU HOME AFTER THE PROCEDURE.**  
You will be sedated during the procedure and will not be allowed to drive afterwards. The procedure takes approximately 1 hour. You should allow for 1 hour recovery time.

**Before Your Procedure:** Purchase 4 -10 ounce bottles of LEMON FLAVOR Magnesium Citrate Soda. It can be purchased at your local drugstore in the laxative section.

**The day before the procedure:** you may have ONLY CLEAR LIQUIDS for breakfast, lunch and dinner. CLEAR LIQUIDS consist of water, fruit juice without pulp (apple, white grape), beef broth, Jell-o (lemon flavor only), clear sodas, coffee, tea (no cream, but sugar is okay). Any of the following that are NOT COLORED RED OR PURPLE: Gatorade, Kool-Aid (or other fruit flavored drinks), iced popsicles. Absolutely no alcohol. At 3PM the day prior to your procedure, drink the first 10 ounce bottle of Magnesium Citrate Soda. FOLLOW WITH AT LEAST 8 OUNCES OF WATER. THE MORE WATER YOU DRINK THE CLEANER YOUR COLON WILL BE. Drink the next 2 - 10 ounce bottles of Magnesium Citrate Soda (each 2 hours apart) for a total of 3 bottles that day. AFTER EACH BOTTLE DRINK AS MUCH WATER AS POSSIBLE. BEFORE RETIRING, DRINK AT LEAST 5 MORE (8 OUNCE) GLASSES OF WATER. Drink your last bottle 6 HOURS prior to your CHECK-IN TIME at the facility. You may have clear liquids only on the day of the exam, up to 4 hours prior to your check-in time.

THE PREP IS CONSIDERED ADEQUATE ONLY IF THE OUTPUT IS CLEAR AS DILUTE URINE OR TAP WATER. Please call our office or the MD on-call if there are problems in completing the prep.

Take your regular medications on the day of the procedure. However, do not take the iron supplements for at least 5 days prior to the procedure UNLESS OTHERWISE INSTRUCTED.

On the day before your procedure and on the day of your procedure do not take Levsinex, Librax, Bentyl or NuLev. Please notify the office if you are taking Coumadin or blood thinners. If Dr. Lin has already given you instructions please follow his directions.

We will bill your insurance for Dr. Lin's fee for the colonoscopy. The hospital or surgical center will bill you separately for the facility and pathology services, if biopsies are taken.

IT IS YOUR RESPONSIBILITY TO VERIFY YOUR INSURANCE COVERAGE AND TO VERIFY WHETHER OR NOT THIS PROCEDURE MUST BE AUTHORIZED BY YOUR INSURANCE COMPANY.

If you have any questions or need to reschedule this procedure, please call our office at 925-831-9200.

Doctor Lin has a financial interest in the Laser Surgery Center and San Ramon Endoscopy Center. If such an interest is of concern to you, please feel free to discuss this with Dr. Lin or the office staff.

**DUE TO SEDATION YOU SHOULD NOT DRIVE UNTIL THE FOLLOWING DAY.**

To avoid a late cancellation fee of \$100, please notify our office at (925)831-9200 48 hours prior to your procedure time to cancel or reschedule your procedure. Thank you.

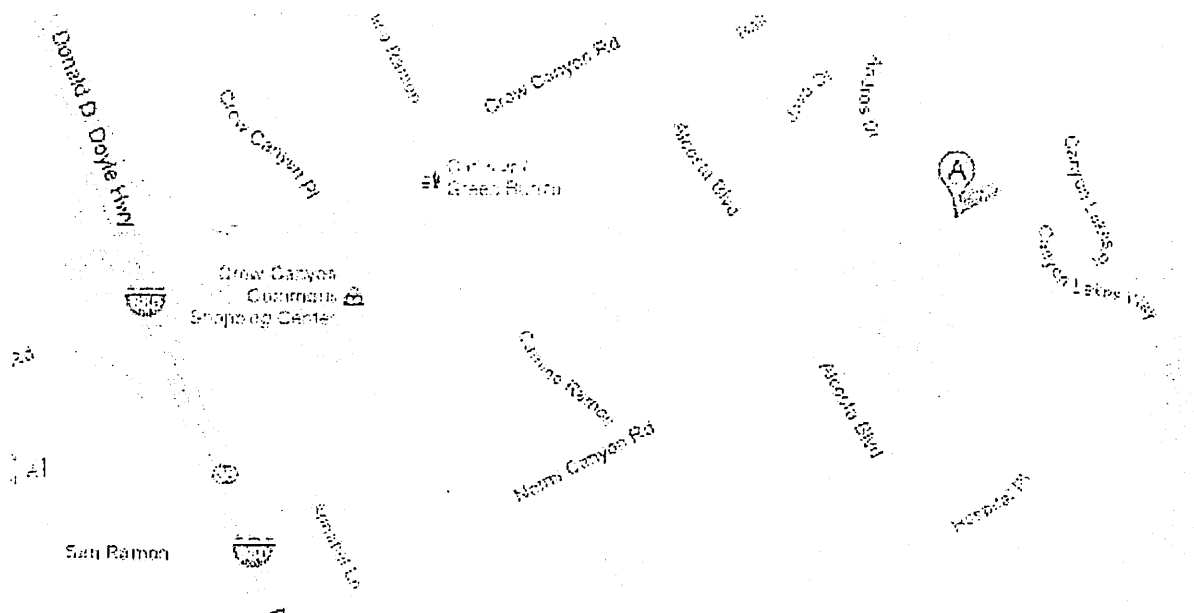
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Direction to location

SAN RAMON ENDOSCOPY CENTER  
5801 Norris Canyon Rd. Ste 220  
San Ramon, CA 94583  
925-275-9910



San Ramon Endoscopy Center:

- Take, 1680 to the Crow Canyon Rd Exit.
- Proceed East on Crow Canyon Rd.
- Turn Right at Alcosta Blvd:
- Turn left onto Norris Canyon Rd.
- Proceed up the hill and bear right.
- Turn left at the sign indicating "Physician Offices".
- The 5801 building is located in the rear behind 5601.
- Proceed to the 2nd floor of the building to Suite 220.

YOUR DRIVER MUST ACCOMPANY YOU INTO THE FACILITY AND SIGN A RELEASE STATING THEY WILL BE RESPONSIBLE FOR YOU. THE FACILITY WILL NOT ALLOW THE PROCEDURE TO BE COMPLETED IF THIS IS NOT DONE.