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COLONOSCOPY PREP

You are scheduled for a Colonoscopy on _____ at _____

Check in no later than _____

Please report to: **SAN RAMON ENDOSCOPY CENTER**

PLEASE ARRANGE FOR A FAMILY MEMBER OR FRIEND TO DRIVE YOU HOME AFTER THE PROCEDURE. NO TAXI, UBER OR LYFT IS ALLOWED. 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. **Due to the sedation, you should not drive until the following day.**

YOU ARE COMPLETING THE SUPREP FOR YOUR PROCEDURE. PLEASE SEE THE ATTACHED SHEET FOR DOSING INSTRUCTIONS.

The day before the procedure: you may have **ONLY CLEAR LIQUIDS** for lunch and dinner. **CLEAR LIQUIDS** consist of water, fruit juice without pulp (apple, white grape), beef broth, chicken broth (non fatty, or cloudy in appearance), Yellow colored Jell-O only, clear sodas, coffee, tea (no cream, sugar is ok). Any of the following that are **NOT COLORED RED OR PURPLE**: Gatorade, Propel, Kool-Aid (or other fruit flavored drinks), iced popsicles. **ABSOLUTELY NO ALCOHOL.** Follow your prep instructions with as much clear liquids that can be tolerated. **THE MORE WATER YOU DRINK, THE CLEANER YOUR COLON WILL BE. BEFORE RETIRING, DRINK AT LEAST 5 MORE (8 OUNCE) GLASSES OF WATER.**

THE PREP IS CONSIDERED ADEQUATE ONLY IF THE OUTPUT IS CLEAR AS DILUTE URINE OR TAP WATER. You may have clear liquids only on the day of the exam up to **2 hours** prior to your check-in time.

Take your regular medication on the day of the procedure. However, do not take 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 procedure. 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 BENEFITS. OUR OFFICE WILL OBTAIN AUTHORIZATION FOR THE PROCEDURE IF NEEDED.

Doctor Lin has a financial interest in 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.

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

Your procedure will be performed by Doctor: Lin

Address: San Ramon Endoscopy Center

Date of procedure: _____ Arrive at: _____ AM/PM

Comments: _____

SUPREP[®] BOWEL PREP KIT

(sodium sulfate, potassium sulfate and magnesium sulfate)
Oral Solution

(17.5g/3.13g/1.6g) per 6 ounces



On the day before your procedure...

What You **CAN** do:

- You may have a light breakfast or have clear liquids **ONLY**; please have nothing for dinner

What You **CANNOT** do:

- **DO NOT** drink milk
- **DO NOT** eat or drink anything colored red or purple
- **DO NOT** drink alcoholic beverages

Any of the following liquids are OK to drink:

- Water
- Strained fruit juices (without pulp) including apple, orange, white grape, or white cranberry
- Limeade or lemonade
- Coffee or tea (**DO NOT** use any dairy or non-dairy creamer)
- Chicken broth
- Gelatin desserts without added fruit or topping (**NO RED OR PURPLE**)

Note:

- SUPREP Bowel Prep Kit is indicated for cleansing of the colon as a preparation for colonoscopy in adults
- Be sure to tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. SUPREP Bowel Prep Kit may affect how other medicines work
- Medication taken by mouth may not be absorbed properly when taken within 1 hour before the start of each dose of SUPREP Bowel Prep Kit
- The most common adverse reactions after administration of SUPREP Bowel Prep Kit were overall discomfort, abdominal distention, abdominal pain, nausea, vomiting, and headache
- If you have any questions about taking SUPREP Bowel Prep Kit, call your doctor

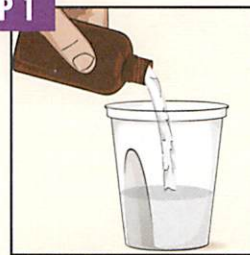
To learn more about this product, please call **1-800-874-6756** or visit our Web site at www.suprekit.com

SUPREP Bowel Prep Kit is a split-dose (2-day) regimen. Both 6-ounce bottles are required for a complete prep.

FIRST DOSE: Begin Step 1 at **3** PM the evening before your procedure and proceed as shown below:

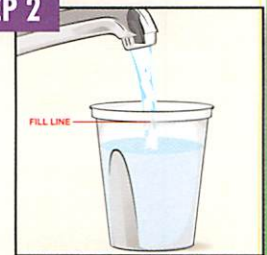
You must complete Steps 1 through 4 using one (1) 6-ounce bottle before going to bed:

STEP 1



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

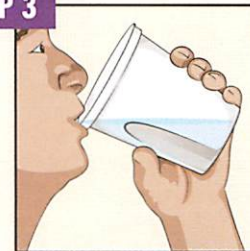
STEP 2



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

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

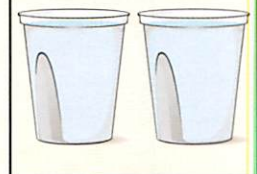
STEP 3



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

STEP 4

IMPORTANT



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

SECOND DOSE: Begin Step 1 at _____ AM the morning of your procedure and proceed as shown above:

For this dose, repeat Steps 1 through 4 shown above using the other 6-ounce bottle.

NOTE: You **must** finish drinking the final glass of water at least 2 hours, or as directed, before your colonoscopy.