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Phone #: (805) 641-6525

Medical Assistant
Ext: _____

Please Pick Up Colon
Prep At Your Local
Pharmacy By: _____

SUPREP- COLONOSCOPY PREPARATION

The doctor has requested that you undergo an examination to visualize your entire colon.

SEVEN(7) DAYS PRIOR TO THE PROCEDURE STOP TAKING NSAIDS(e.g. ASPIRIN, IBUPROFEN OR NAPROXEN) OR BLOOD THINNERS(e.g. PLAVIX, COUMADIN, OR WARFARIN)or FISH OIL

UNLESS OTHERWISE STATED BY YOUR DOCTOR

***Tylenol Extra Strength OKAY to take to replace ASPIRIN MEDICATIONS.**

BLOOD PRESSURE MEDICATION MUST BE CONTINUED

***AVOID CORN 2 DAYS PRIOR TO YOUR PROCEDURE**

Your colonoscopy is scheduled on _____ Please Check In at: _____ A.M./P.M.

Please check in at:

- Ventura Endoscopy Center (VEC)-5810 Ralston St. Suite 101, Ventura, CA 93003
- Community Memorial Hospital(CMH)- 147 N. Brent St. Ventura, CA 93003(Admitting Window)
- Ventura County Medical Center (VCMC)- 3291 Loma Vista Rd. Ventura, CA 93003 (2nd Floor)

Preparation for Procedure

DAY BEFORE PROCEDURE:

The day before the procedure _____, you may have milkshakes and smoothies for breakfast only, avoid adding any nuts and seeds. For lunch and dinner you are allowed clear liquids such as broth, tea, light colored soft drinks, coffee without cream, or Jell-O (EXCEPT RED JELL-O OR RED LIQUIDS)

At 6:00 p.m., fill your **16 oz. Suprep** container with one, 6 oz. bottle of Suprep and add 10 oz. of cold water to the container up to "16 oz. fill line". Mix thoroughly and drink the full 16 oz of liquid within 30 minutes.

Drink 2 more 16 oz. glasses of water within an hour.

We recommend that you drink 2 glasses of clear liquids every hour until you retire. If you are not diabetic, we recommend Gatorade.

DAY OF THE PROCEDURE:

The day of the procedure, _____ at _____ a.m., fill your **16 oz. Suprep** container with the last bottle of 6oz. Suprep and add 10 oz. of cold water to the "16 oz. fill line". Mix thoroughly and drink the full 16 oz of liquid within 30 minutes. Drink 2 more 16 oz. glasses of water within an hour.

You may have your medications the morning of your procedure if they cannot wait until after the procedure. You may have small sips of clear liquids 2 hours before the procedure.

Report to admitting at _____ a.m. on _____ at _____

****VERY IMPORTANT - YOU MUST HAVE TRANSPORTATION, AS YOU WILL BE SLIGHTLY SEDATED AND UNABLE TO DRIVE!!**

*****YOU WILL BE THERE FOR APPROXIMATELY 2 ½ HRS.*****

During the Procedure

You will change into a hospital gown and be given medication intravenously to make you sleepy. When relaxed properly the colonoscope tube will be placed into the rectum and maneuvered through the lower bowel. You may feel some bloating and occasional cramping during the procedure, but all efforts will be made to minimize discomfort. If there are any questions of an abnormality, a biopsy (thin piece of tissue) will be taken for microscopic examination. If a polyp (mushroom-like growth) is identified, this will be removed and sent to Pathology for further examination.

After the Procedure

As soon as the scope is removed, you may feel the need to pass gas from the rectum. This is entirely normal, a considerable amount of air has been trapped in the bowel during the examination. There is often bloating and cramping for an hour or two after the test until the gas has passed. It is very important that you make arrangements to have someone bring you to the Center/Hospital and take you home. Some people are very sleepy and confused after the exam and forget instructions or findings given by the doctor. If you are unsure about any information given to you, please call the office for a brief follow-up appointment or leave a number where the doctor can return your call.

If biopsies are taken, we usually call patients within 7 days with the results. If you do not hear from us, please call our office 641-6525 at least 7 days after the procedure for the results.

PLEASE NOTE: If a biopsy is taken, you will be billed separately by the hospital or laboratory.
Thank You!