



Monterey Bay Gastroenterology Consultants Medical Group, Inc.

Monterey Bay Endoscopy Center, LLC

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Patient Name: _____ Doctor: _____

Your Procedure is scheduled for: _____. **The Endoscopy Center will call you 2 business days prior to your scheduled procedure date with an arrival time.**

PURCHASE the liquid colon prep laxative we prescribed or recommended for you at least **1 week** prior to your procedure. Call your pharmacy to verify your prescription is ready. If not call our office at 831-375-3577.

IMPORTANT BEFORE YOUR PROCEDURE:

- You **CANNOT DRIVE after** your procedure. Your ride’s name and number will be required upon check-in. Our facility has the right to cancel procedures for those that arrive without a valid form of transportation and responsible adult accompanying them.
- You **SHOULD** take your usual medications including blood pressure medication, the morning of your procedure **UNLESS** your doctor states otherwise.
- Leave all valuables at home. Monterey Bay Endoscopy Center LLC is not responsible for lost or damage to any jewelry, garments, dentures, eye glasses, prosthesis, money or any other items of personal property brought to the premises. Any unclaimed property will be discarded without notice in 30 days.
- You need to bring your insurance card, ID, and any forms mailed to you by our office, on the day of your procedure.
- Wear comfortable clothing (i.e. socks, short sleeve shirts) and remove all body piercings.
- Keep your morning flexible and plan to be with us approximately 2-4 hours as this allows time for admission, the procedure and recovery time.
- It is safe to continue your ASPIRIN.

NOTIFY US IMMEDIATELY:

- IF you are taking **BLOOD THINNERS** or **OTHER ANTICOAGULANT MEDICATION** Examples: Coumadin, warfarin, Xarelto, Eliquis, clopidogrel, Plavix, etc.
- IF you have an implanted cardiac device or medical device.
- IF you are diabetic and taking insulin or other medications for diabetes as dosages may be altered the day before and day of procedure

5 DAYS PRIOR TO YOUR PROCEDURE: DO NOT EAT OR TAKE the following:

Seeds, nuts, or Pop-Corn	Iron supplements	Omega 3 Fatty Acids

THE DAY BEFORE YOUR PROCEDURE

- **CAREFULLY** read and follow **OUR** preparation instructions **BELOW.**
- **DO NOT EAT SOLID FOODS OR DAIRY PRODUCTS ALL DAY.** HYDRATE BY DRINKING PLENTY OF WATER THROUGHOUT THE DAY
- **START YOUR CLEAR LIQUID DIET TODAY. EXAMPLES OF A CLEAR LIQUID DIET ARE SHOWN BELOW:**

<u>NO SOLID FOOD)</u> 	<u>(Yes, to clear liquids)</u>
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Clear Juices	Water Vitamin Water	Clear Broth ONLY	Sport Drinks Carbonated Drinks	Tea and Coffee	Jell-O
No Pulp No Red Color	No Red Color Water	NO MEAT, RICE, OR NOODLES	No Red Color	No Dairy, Soy, or Nut Milks	No Red Colors

BOWEL PREPARATION INSTRUCTIONS FOR: SUPREP

Please read and follow **OUR** preparation instructions below.

IMPORTANT: Failure to take the bowel prep as indicated may result in a poorly cleansed colon missed polyps, missed cancers and possible cancellation of the procedure.

THE <u>EVENING</u> BEFORE YOUR PROCEDURE	<i>At 5:00 pm</i> TODAY, the EVENING before your procedure , Pour 1 (6) OZ. bottle SUPREP into the supplied mixing cup. Add cold water to the fill line. DO NOT ADD FLAVOR. MIX ONLY WITH WATER. Drink the entire cup. Follow with two 16-ounce cups of water within the next hour. Continue drinking clear liquids for the rest of the evening to prevent dehydration and headache.
THE <u>MORNING</u> OF YOUR PROCEDURE	<i>5 HOURS before your procedure</i> , Pour 1 (6) OZ. bottle SUPREP into the supplied mixing cup. Add cold water to the red fill line. DO NOT ADD FLAVOR. MIX ONLY WITH WATER. Drink the entire cup. Follow with two 16-ounce containers of water within the next hour. Continue drinking clear liquids until 2 hours prior to your arrival time.
Hydration is Important	This is part of the prepping process. Make sure you hydrate well with clear liquids, before – while you’re taking – and after the prep.
THE DAY OF YOUR PROCEDURE	<u>STOP DRINKING ALL liquids (2) TWO hours prior to your arrival time</u>
REMINDER	Liquids must not be RED or Purple. Do not consume any alcohol, juice pulp, milk (dairy substitutes), creamers, or other liquids you cannot see through.

Important

The Sedation used during your procedure will impair your judgement and equilibrium for approximately 12 hours. You **CANNOT DRIVE OR OPERATE ANY MECHANICAL EQUIPMENT FOR 12 HOURS** after your procedure. Your procedure will be CANCELLED if you DO NOT have a responsible adult to accompany you home.

Location for your procedure:

Monterey Bay Endoscopy Center
23 Upper Ragsdale Drive, Suite 100 (**Located Downstairs**)
Monterey, CA 93940

For Questions and concerns please contact our office at: **831-375-3577**