



**Monterey Bay Gastroenterology Consultants Medical Group, Inc.  
Monterey Bay Endoscopy Center, LLC**

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**Patient Name:** \_\_\_\_\_ **Doctor:** \_\_\_\_\_

**Procedure Date:** \_\_\_\_\_

**Procedure Time:** The Endoscopy Center will contact you 2 BUSINESS DAYS PRIOR to give you a procedure time.

**Location:** Monterey Bay Endoscopy Center      **Phone:** (831) 375-3577

**MONTEREY**

23 Upper Ragsdale Drive, Ste 100  
Monterey, CA 93940

**(Entrance is to the right of the main doors.)**

**SALINAS**

212 San Jose Street, Ste 100  
Salinas, CA 93901

**(Located next door to Quest Lab)**

**BE PREPARED**

Please read these instructions **TODAY** and again 2 weeks prior to your procedure.

**RESTRICTIONS:** Familiarize yourself with all dietary restrictions and preparation instructions.

Follow them carefully to allow safe and thorough inspection of your colon.

**TRANSPORTATION:** You must be accompanied by an adult\* (18 years or older) to and from your procedure. You **CANNOT DRIVE** after your procedure. The Sedation used during your procedure will impair your judgement and equilibrium for approximately 12 hours. **Your ride's name and number will be required upon check-in.** If you do not have a driver, your procedure will be CANCELLED.

**\*A Taxi, Uber, Lyft, Shuttle, or Bus is not a valid form of transportation following a procedure.**

**BOWEL PREPARATION:** Make sure to purchase ALL required preparation items from your pharmacy or drug store 2-3 weeks prior to your procedure. If there are any issues, please contact our office immediately at 831-375-3577.

**FEES:** Please show up for the scheduled appointment that we have reserved for you or contact us at least one week prior to reschedule. **Late Cancellations and no-shows will be charged a fee of \$500.**

**NOTIFY US IMMEDIATELY**

- **IF** you are taking **BLOOD THINNERS / 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.

**IMPORTANT BEFORE YOUR PROCEDURE**

- You **SHOULD** take your usual medications including blood pressure medication, the morning of your procedure **UNLESS** your doctor has stated otherwise.
- Leave all valuables at home. It is ok to bring your cell phone. Monterey Bay Endoscopy Center LLC is not responsible for lost or damage to any personal property brought to the premises. Any unclaimed property will be discarded without notice after 30 days.
- 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 from your arrival time.
- It is safe to continue your ASPIRIN.

**PLEASE READ ALL ENCLOSED INFORMATION & FOLLOW INSTRUCTIONS CAREFULLY TO ENSURE A SUCCESSFUL PREP**

**Detailed mixing and drinking instructions for your prep are included on the following page.**

**5 DAYS before your procedure**

- **NO NUTS / SEEDS** – This includes Fruits and Veggies with seeds. (For Example: strawberries, raspberries, tomato, cucumber, etc.) Be mindful of breads with seeds and nuts on top and baked in.
- **NO POPCORN**
- **NO IRON SUPPLEMENTS OR OMEGA 3 FATTY ACIDS** (For Example: Fish Oil)

**The DAY BEFORE your procedure**

**CLEAR LIQUID DIET ALL DAY**

**NO SOLID FOODS. A clear liquid diet is necessary for a colonoscopy, so you must be on a clear liquid diet all day.**

- **YOU MAY HAVE:**
  - Water / Fitness waters (No red or purple colors)
  - Clear Juices (Apple, white grape)
  - Carbonated Drinks (No red or purple colors)
  - Tea & Coffee (NO ADDED MILKS – No dairy, or any dairy alternatives.)
  - Clear store-bought broth ONLY (chicken, beef, vegetable)
  - Yellow or Green Jell-O
  - Popsicles/Sorbet (No red or purple colors. No pulp or fruit pieces.)
- **AVOID ALL DAY:**
  - All Solid Food
  - Alcohol
  - Dairy products or dairy substitutes.
  - Juices or popsicles with pulp.
  - No red or purple colored/dyed liquids.

**ITEMS NEEDED FOR PREP**

**SUPREP Bowel Prep Kit**



**Prescription Required for this prep.**

**DO NOT** follow the instructions on the SUPREP box. Please follow the instructions that we have provided on the following page.

# HOW TO TAKE YOUR SUPREP BOWEL PREPARATION

The SUPREP Kit is taken as a split dose (2-day) regimen.  
BOTH bottles of laxative solution are required for a complete preparation.

It is your responsibility to become familiar with the dietary restrictions and bowel prep instructions.  
Poor preparation can result in your procedure being cancelled.

**It is important to drink the additional water as recommended in the instructions.**

## At 5:00pm the night before your procedure:

**Step #1** Pour 1 (6 oz) bottle of SUPREP into the supplied 16 oz. plastic cup.

**Step #2** Add cold water only until it reaches the fill line. Do not add any flavor.  
Drink the entire cup. *This can be done over a course of 30-60 minutes.*

**Step #3** You must drink two (2) more 16-oz. containers of water within the next hour.  
*Between 6:00pm-6:30pm - Drink one 16 oz. container of water*  
*Between 6:30pm-7:00pm - Drink the second 16 oz. container of water.*  
Continue drinking clear liquids for the rest of the evening to prevent dehydration and headache.

**Hydration is important:** This is part of the prepping process. Make sure to hydrate well before, during, and after the prep. You may continue to consume the approved clear liquids on the instruction sheet throughout the evening.

**REMINDER:** All liquids must be CLEAR. No red or purple liquids. No alcohol.

## FIVE HOURS prior to your procedure arrival time:

**Step #4** Repeat Steps #1 and #2. *This must be done within 60 minutes.*

## FOUR HOURS prior to your procedure arrival time:

**Step #5** You must drink two (2) more 16 oz. containers of water within the next hour.  
Continue drinking water until 2 hours prior to your arrival time.



**STOP ALL LIQUIDS 2 HOURS PRIOR TO THE PROCEDURE.**

**Please see the last page for frequently asked questions.**

## **BOWEL PREP - FREQUENTLY ASKED QUESTIONS**

**What is a clear stool?** A clear stool can have a slight tint of yellow or brown (tea colored.) It will be completely transparent and will not contain any solid matter.

**I am not having bowel movements, what should I do?** Bowel movements can take up to 3-4 hours after beginning the prep to start. Be patient, continue to drink liquids. If you have not had a bowel movement by **9:00pm** the night prior to your procedure, you will need to reach the on-call physician for further instructions.

**The prep is making me nauseous, what should I do?** If you develop nausea or vomiting, slow down the rate at which you drink the solution. Please attempt to drink all the laxative solution even if it takes you longer. If vomiting persists, or you are not able to finish the preparation, stop the preparation and call your physician's office for further instructions.

**Is it normal to have diarrhea & cramping?** YES. This is normal. Bloating, abdominal discomfort, nausea, cramping and diarrhea could happen at any point during the bowel prep process.

**Should I continue to be on the liquid diet after I begin consuming the laxatives?** Yes, you should continue the liquid diet until you are directed to discontinue anything by mouth, which is typically 2-4 hours prior to the procedure.

**Why do I have to wake up so early for the 2<sup>nd</sup> dose, can't I take it all the night before?** No. A split prep has proven to be the most effective for a successful colonoscopy. It is essential that you follow the directions provided with your prep medications.

**My stool is clear and only liquid is coming out, do I still have to take the 2<sup>nd</sup> dose?** Yes. While you are sleeping your small intestine makes a thick sticky substance called chyme that coats the right side of the colon wall. This makes it difficult for us to see. It is the second dose that cleans this out.

**Can I drink ALCOHOL on the liquid diet?** Alcohol is not allowed as part of the clear liquid diet.

**Can I brush my teeth the morning of the procedure?** You may brush your teeth, but do not swallow.

**Can I eat candy, mints, chew gum, or chew tobacco before my procedure?** No

**Can I smoke cigarettes, marijuana, cigars, pipes, or vape before my procedure?** No

**Do I need to remove my jewelry before the procedure?** Please leave valuables at home. If you have any body piercings, please remove them prior to your procedure. Mouth and lip jewelry must be removed prior to the procedure - inability to do so could result in cancellation of your procedure.