

Monterey Bay G.I. Consultants medical Group, Inc.  
**Monterey Bay Endoscopy Center**  
23 Upper Ragsdale Drive, Suite 100  
Monterey, California 93940  
Phone: 831-375-3577  
www.montereygi.com

## WHAT YOU NEED TO KNOW

**Procedure Date:** \_\_\_\_\_ **with Dr.** \_\_\_\_\_

**Procedure Time:** You will receive a phone call from the Endoscopy center TWO BUSINESS DAYS prior to your procedure date. If you do not hear from our office two days prior to your procedure, please contact our office at 831-375-3577.

Please make sure our office has the correct phone number on file for you and your voicemail is not full. If you do not answer, we will leave a message with your time.

**Late Cancel, Reschedule, or Missed Appointment Fee: \$200**

If you are unable to keep your appointment, contact our office 48 business hours in advance to avoid the fee.

## ENDOSCOPY CENTER LOCATION & CHECK IN

is located on the first level, on the right side of our building, facing the parking lot. Please do not go upstairs to check in.

## PROCEDURE INSTRUCTIONS

**It is very important to familiarize yourself with all dietary and preparation instructions and restrictions TODAY so you are fully prepared.**

DO NOT follow the instructions on your prep box or bottle.

It is your responsibility to become familiar with the dietary restrictions and bowel prep instructions. These restrictions and preparations must be followed and begin 3 to 5 days prior to your procedure.

Poor preparation can result in your procedure being cancelled or rescheduled.

## BOWEL PREPARATION

Make sure to pick up the prep from your pharmacy at least one week before your procedure.

If there are any issues, please contact our office immediately at 831-375-3577.

## TRANSPORTATION

You will need a responsible driver to and from your procedure.

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



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

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**IMPORTANT BEFORE YOUR PROCEDURE:**

- You **CANNOT DRIVE after** your procedure. Please ensure your ride keeps their day flexible. You can expect to be with us between 2 to 4 hours. This allows time for admission, the procedure and recovery. Your ride will be contacted by our staff once your procedure has been complete.
- 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, eyeglasses, prosthesis, money or any other items of personal property brought to the premises. Any unclaimed property will be discarded without notice after 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.
- 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:**

<p><b>(NO SOLID FOOD)</b></p>	<p><b>(Yes, to clear liquids)</b></p>
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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 Milk	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.

<b>THE <u>EVENING</u> BEFORE YOUR PROCEDURE</b>	<i>At 5:00 pm TODAY, the EVENING before your procedure,</i> 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.
<b>THE <u>MORNING</u> OF YOUR PROCEDURE</b>	<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.
<b>Hydration is Important</b>	This is part of the prepping process. Make sure you hydrate well with clear liquids, before – while you’re taking – and after the prep.
<b>THE DAY OF YOUR PROCEDURE</b>	<b><i><u>STOP DRINKING ALL liquids (2) TWO hours prior to your arrival time</u></i></b>
<b>REMINDER</b>	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 on the first level)

Monterey, CA 93940

For questions and concerns, please contact our office at: 831-375-3577

## CLEAR LIQUID DIET

Follow this diet for the entire day, prior to your procedure.

### Description

The clear liquid diet consists of clear fluids which are liquid at room temperature. Clear liquids require minimal digestion, are easily absorbed, and leave minimal residue in the intestinal tract.

**No solid food.**

### Indications for Use

The clear liquid diet is intended for short term use before or after surgery, in acute states of illness, in preparation for diagnostic tests of the GI tract, and in conditions requiring minimal amounts of residue in the colon.

### Nutritional Adequacy

The diet is inadequate in calories and almost all nutrients. It provides about 400-500 calories and 15 grams of protein per day. The diet should be progressed or supplemented as soon as tolerated.

### Dietary Guide

	<b>Foods Allowed</b>
<b>Beverages</b> *No red or purple liquids*	Coffee, tea, decaffeinated coffee, tea, herbal tea, carbonated beverages <b>**NO DAIRY or DAIRY SUBSTITUTES**</b>
<b>Desserts and Sweets</b> *No red or purple flavors*	Sorbets, fruit ice made from clear fruit juice, popsicles, clear fruit-flavored or unflavored gelatin, high protein gelatin, plain hard candy, sugar, sugar substitutes
<b>Fruits</b>	Clear fruit juices (apple, white grape, lemonade), fruit ices
<b>Soups</b>	Bouillon, clear broth, consommé, high protein broth
<b>Miscellaneous</b>	Salt, commercially prepared minimal residue nutritional supplements
<b>Breads</b>	NONE
<b>Cereals</b>	NONE
<b>Fats</b>	NONE
<b>Meat and Meat Substitutes</b>	NONE
<b>Potatoes and Potato Substitutes</b>	NONE
<b>Vegetables</b>	NONE

### Sample Meal Plan

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
Consommé Apple juice Decaffeinated tea Sugar	Consommé White grape juice Fruit flavored gelatin Sorbet 7-Up	Consommé Lemonade Fruit-flavored gelatin Fruit ice Decaffeinated tea

If you have any questions regarding the Clear liquid Diet/Prep instructions, please call us at 831-375-3577