



CONEJO

GASTROENTEROLOGY

Patient: _____

Please arrive at the following Endoscopy center at _____ on _____.

<input type="checkbox"/> Los Robles Hospital 215 W. Janss Rd. Thousand Oaks, CA 91360 (805) 497-2727	<input type="checkbox"/> Los Robles Surgical Center 2190 W. Janss Rd. Ste. 100 Thousand Oaks, CA 91360 (805) 497-3737 http://www.losroblessurgicenter.com/	<input type="checkbox"/> Digestive Health Surgicenter 3510 N. Moorpark Rd, Ste 201 Thousand Oaks, CA 91360 805-492-8000
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SUPREP PREPARATION:

1. Stop NSAIDS (aspirin, Motrin, Advil etc.), Fish Oil, (blood thinners), Iron for **5 days** before your procedure
2. **Avoid nuts, hi fiber foods TWO days before procedure**
3. **Clear liquid diet for the day prior to your procedure. DRINK THROUGH OUT DAY TO STAY HYDRATED.**
4. Directions for prep:
 - Step 1: On evening before procedure at 5pm, Pour (1) 6-Oz bottle of SUPREP into mixing container
 - Step 2: Add cool water to 16-Oz line and mix – Drink all of container
 - Step 3: Drink two 16-Oz of water or ginger ale or Gatorade or any liquid (within 1 hour)
 - Step 4: Repeat steps 1-3, (At least four hours before procedure)

Please take any hypertension medications with a sip of water 3 hours before your procedure, if taking insulin please follow instructions from the doctor

Avoid any GLP-antagonists – Trulicity, Byetta, Ozempic, Victoza, Saxenda prior to the procedure (due to increased risk of anesthesia complications)

***Clear liquids** – see list included. Avoid alcoholic beverages. Stay hydrated, drink fluids all day.

Complete Surgical Center

***Two days** before clear liquids, your dinner should avoid nuts and high fibers (beans, seeds, raw vegetables, fruits, quinoa, kale, corn, etc) for these are hard to clean out the next day and can make the visualization suboptimal.

- * If you feel nauseated while drinking the prep please wait 10 minutes and resume drinking.
- * Please bring your **driver's license, insurance cards and medication list** to the Endoscopy center
- * Please bring someone to drive you home.
- * **NO LIQUIDS EXCEPT PREP PRIOR TO YOUR PROCEDURE.**

*We would like to provide you with the most complete exam possible. Unfortunately, not all preps have the same effect on everyone. Therefore, the above instruction is **not** a guarantee that you will be properly prepared for your colonoscopy. There is a small possibility that you will need to be rescheduled at a later date with additional instructions if your prep is inadequate.

TIPS: It is common to be nauseated or vomit during the intake of the prep. Let the wave pass and take longer intervals to allow the stomach time to empty.

*If you have any questions please call our offices at (805) 449-4278.