



## **Pacific Gastroenterology**

Preparation Instruction for a Colonoscopy with SUPREP at (\_\_\_\_\_ *FACILITY* \_\_\_\_\_)

You are scheduled for a colonoscopy on \_\_\_\_\_ with Dr. Ferdows.  
Please arrive at (\_\_\_\_\_ *FACILITY* \_\_\_\_\_) at \_\_\_\_\_.

1. On \_\_\_\_\_, restrict aspirin and aspirin-like products (such as: Ibuprofen, Motrin, Advil, Aleve, Ticlid, Plavix etc.), and NSAID (anti-inflammatory medication). Acetaminophen (Tylenol) is permitted. Pick up SUPREP at your pharmacy, a prescription has been ordered for you.
2. On \_\_\_\_\_, do not have whole grain and high fiber foods until after your procedure is completed. This includes such foods as nuts, seeds, vegetables, whole grain breads etc. You can have meat, fish, and chicken, white rice, white or low fiber bread, pasta, dairy products etc. Fruits ok, just no apples, oranges, or berries.
3. On \_\_\_\_\_, begin a clear liquid diet. Please see attached sheet for a list of these. Dairy and orange juice are not permitted. Avoid any red or purple colored liquid or jello.
4. On \_\_\_\_\_ and \_\_\_\_\_ follow the instructions on the attached sheet to begin drinking SUPREP. Once you begin drinking the SUPREP you may drink only water, sugar-free soda, coffee or tea. You may sweeten with Nutrasweet only. Do not use sugar or any other sweetener. When your prep is completed you should be passing yellow liquid for stool. If this is not what you see please tell the receptionist when you check in for your procedure.
5. On \_\_\_\_\_, at \_\_\_\_\_, you can NOT have anything else to eat or drink until after your procedure is completed.

Concern for your safety makes us insist that you have someone to drive you home. If you have not arranged for a driver, the procedure will be postponed. You will be ready to go home 3-3 ½ hours after your arrival. Your driver will have to come to Same Day Services to pick you up. You will not be allowed to drive for 24 hours.

Dr. Ferdows (Pacific Gastroenterology) Phone #360-823-0880

If you need to reschedule or cancel your procedure, we require that you notify us 3 days in advance or you will be charged a \$75.00 fee.