

**PHILIP YEE, MD, INC.**  
5401 Norris Canyon Rd # 208, San Ramon, CA 94583  
1022 Murrieta Blvd, Livermore, CA 94550

Phone: (925) 275-1811  
Fax: (925) 275-1814  
[www.gidoctor.org](http://www.gidoctor.org)

## **PREPARATION INSTRUCTIONS FOR COLONOSCOPY**

### **DATE OF PROCEDURE:**

Arrival Time: \_\_\_\_\_

Please report to the following facility on \_\_\_\_\_ @ \_\_\_\_\_

**Tresanti Surgery Center**  
5201 Norris Canyon Road, Ste. 100  
San Ramon, CA 94583  
\* Arrive 45 min prior to procedure \*

**San Ramon Regional Medical Center**  
6001 Norris Canyon Road  
San Ramon, CA 94583  
\* Arrive 1 hr 30 min prior to procedure \*

**FOLLOW-UP APPOINTMENT:** \_\_\_\_\_ @ \_\_\_\_\_

Please follow these instructions carefully. If your bowels are NOT CLEAR, it may be necessary to reschedule your procedure. Contact the office ASAP if this is the case.

*Please inform us if you had recent strokes or thromboembolism, recent cardiac stents, an artificial heart valve or history of endocarditis. For diabetic patients – insulin or oral medications will be adjusted as per instructions.*

**7 days before:** DO NOT take IRON, or TICLOPIDINE.

**5 days before:** DO NOT take ASPIRIN, CLOPIDOGREL, PRASUGREL, or WARFARIN,

**3 days before:** DO NOT take any NSAID (such as IBUPROFEN or NAPROSEN), TICAGRELOR or DIPYRIDAMOLE

**2 days before:** DO NOT take APIXABAN, DABIGATRAN, EDOXABAN, REVAROXABAN, CILOSTAZOL

### **The DAY BEFORE:**

Morning- may have modified LOW RESIDUE DIET until 1pm. (White Rice, Pasta, Chicken, Fish, Potato without skin, hamburger on a white bun, Egg, Cheese [NO fruits, vegetable, cereal/ grain products; no nuts or seeds!])

Afternoon- after 1pm: DRINK CLEAR LIQUIDS ONLY (water, clear broth, tea, black coffee no creamer, juices without pulp, sodas, Jello, Popsicle, Gatorade, Propel, etc. ) Avoid RED, ORANGE and PURPLE liquids. **NO** alcoholic beverages, solid foods, dairy products or Ensure.

Afternoon- start preparation at 5- 6 pm

[ ] **PEG 3350:** drink one glass every 15-20 minutes until about half of the gallon (8 glasses) is finished over a 2 hour period. Please drink the solution slowly if nausea occurs.

[ ] **MOVIPREP:** drink one glass every 15-20 minutes until about a quart (4 glasses) is finished over a 2 hour period.

[ ] **SUPREP:** mix one 6 oz bottle with water to 16 oz line on container and drink. Follow with a quart (4 glasses) of water in 2 hrs

[ ] **PREPOPIK/CLENPIQ:** mix if directed. Drink 5 oz solution and follow with a quart (4 glasses) of water in 2 hrs

[ ] **OSMOPREP:** take 4 tablets with a glass of water, every 15 minutes at 6:00\_6:15\_6:30\_6:45\_7:00 pm (total 20 pills)

If you have not begun having bowel movements 2 hrs after beginning the prep, you will need to add over-the-counter medications (a bottle of Magnesium Citrate or 4 bisacodyl [Dulcolax] tablets).

### **The MORNING OF:** (procedure day)

- 6 hours prior to the procedure, drink the remaining half of the preparation, as instructed above. Exception is OSMOPREP, which will be as instructed above, take 4 tabs at \_\_\_AM, \_\_\_AM and \_\_\_AM (total 12 pills)
- Preparations must be finished and take **NOTHING BY MOUTH 4 HOURS PRIOR TO THE PROCEDURE OR ANESTHETIC WILL NOT BE ADMINISTERED.**

Take only required medications such as blood pressure or heart medication approved by the doctor with a small sip of water (within 4 hr prior to procedure). After sedation, **you cannot drive after the procedure** and you **MUST** have a secure ride home (Family, Friends or professional caregiver– not Uber, Lyft or taxi).

Should you need to cancel your procedure, you will need to contact our office **48 business hours** prior to the procedure to avoid a **cancellation fee of \$200**. Please contact us if you have any questions regarding the preparation or the procedure. Our office hours are Monday to Friday, 9:00 am – 12:00 pm and 2:00 pm – 5:00 pm.