

PHILIP YEE, MD, INC.

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regular hours M - F, 9am – noon & 2pm – 5pm. Doctor on call 24/7

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. Contact the doctor on call if not able to tolerate or finish the prep. 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, TICLOPIDINE(Ticlid) or ANAGRELIDE(Agrylin)

5 days before: DO NOT take ASPIRIN, CLOPIDOGREL(Plavix), PRASUGREL(Effient), or WARFARIN(Coumadin, Jantoven),

3 days before: DO NOT take any NSAID [such as IBUPROFEN(Advil, Motrin, Brufen, Nurofen) or NAPROSEN(Aleve, Anaprox, Naprosyn, Naprelan)], TICAGRELOR(Brilinta) or DIPYRIDAMOLE(e.g. Persantine, Attia, Ofcram, Trolactin, Aggrenox)

2 days before: DO NOT take APIXABAN(Eliquis), DABIGATRAN(Pradaxa), EDOXABAN(Savaysa), REVAROXABAN(Xarelto), CILOSTAZOL(Plental)

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

Remember to pick up prescription from your pharmacy.

[] **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 1 hour period. 15 mins later follow with 2 glasses water 15 mins apart

[] **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 1 hr

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

[] **PLENVU*:** mix as directed. Drink 16 oz solution over 30 minutes and follow with 16 oz (2 glasses) of water in 30 min

[] **SUTAB:** take 12 tablets with 16 oz water over 15-20 minutes. Follow with a quart (4 glasses) of water in 1 hr

[] **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 2-4 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, take 4 tabs at ___AM, ___AM and ___AM (total 12 pills).
(...* There is also Morning only SUPREP or PLENVU option !)
- 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.