

# **MOUNTAIN VIEW SURGERY CENTER**

10408 Industrial Circle · Redlands, CA 92374 · (909) 796-7803

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## **CHECK IN DATE AND TIME:** \_\_\_\_\_

Please note that check-in time is an **approximation** and subject to possible delay as clinical procedures may vary. Your understanding is appreciated. If you have any questions, please contact us at the number listed above.

**PLEASE READ THESE INSTRUCTIONS IMMEDIATELY!**  
**FAILURE TO DO SO MAY RESULT IN CANCELLATION OF YOUR PROCEDURE**

## **INSTRUCTIONS FOR COLONOSCOPY**

*Check with your local pharmacy for status on your SUPREP prescription*

Please disregard the instructions on the bowel prep and follow the instructions on this page.

### **MEDICATIONS:**

- You will need to **STOP** blood thinners 5 (five) days before colonoscopy. Please check with your primary doctor before stopping your Coumadin, Plavix, or Clopidogrel.
- If you are diabetic, **DO NOT TAKE** your diabetes medication the morning of your exam, however, please bring it with you as you need to take it after the procedure. Please check blood sugar frequently while on clear liquid diet. Check your blood sugar prior to coming for the procedure.
- If you are on blood pressure or heart medication, you may take that the morning of your procedure with as little water as possible **4 HOURS PRIOR TO CHECK IN**
- **PLEASE TAKE ALL** your other regular medications (except those listed above) the day before the procedure.

**3 DAYS PRIOR TO YOUR EXAM:** *suggestions to patients with poor digestive system*

Begin avoiding nuts, seeds, whole wheat bread, beans, corn, raw vegetables, or fruits with seeds or skin as they may adversely influence the quality of your exam. Discontinue these foods until after your procedure.

### **1 DAY PRIOR TO YOUR EXAM:**

***NOTHING SOLID TO EAT STARTING FROM THE MOMENT YOU WAKE UP THE DAY BEFORE THE PROCEDURE. Clear fluids for BREAKFAST, LUNCH, AND DINNER. DO NOT have any solid foods, milk, or milk products. NOTHING PURPLE OR RED. No fruits, vegetables, or frozen concentrated liquids. No Alcoholic Beverages.***

**Clear Liquids Include:** (If you can see through it, it is a clear liquid)

- Water
- Chicken Broth
- Soft Drinks (Sprite, Coke, Pepsi, Orange Soda, Ginger Ale)
- Strained Fruit Juices (without pulp) Apple, White Grape, or White Cranberry
- Limeade or Lemonade (without pulp)
- Kool-Aid (NO RED, PURPLE OR PINK)
- Gatorade
- Coffee or Tea (**DO NOT** use any dairy or non-dairy creamer)
- Gelatin desserts without added fruit or topping (NO RED, PURPLE, OR PINK)

**STAY HYDRATED!**

Please keep in mind if you change or reschedule your appointment, time of preparations will change depending on new check in time.

**1<sup>st</sup> Dose Evening before your Procedure – Begin on** **at 6:00 P.M.:**

*(1<sup>st</sup> Dose day before procedure at 6:00 p.m.)*

- Step 1: Pour ONE 6-ounce bottle of SUPREP liquid into the mixing container.
- Step 2: Add cool drinking water to the 16-ounce line on the container and mix.
- Step 3: Drink ALL the liquid in the container.
- Step 4: You **MUST** drink two more 16-ounce containers of water over the next 1 hour.
- Step 5: Continue drinking clear liquids.

**2<sup>nd</sup> Dose Morning of your Procedure - Begin on** **at** **A.M.:**

*(2<sup>nd</sup> Dose morning of procedure 6 hours before check in time)*

- Step 1: Pour ONE 6-ounce bottle of SUPREP liquid into the mixing container.
- Step 2: Add cool drinking water to the 16-ounce line on the container and mix.
- Step 3: Drink ALL the liquid in the container.
- Step 4: You **MUST** drink two more 16-ounce containers of water over the next 1 hour.

**YOU MUST NOT CONSUME ANYMORE LIQUIDS WITHIN 4 HOURS OF YOUR SCHEDULED APPOINTMENT. IT IS IMPORTANT THAT YOU DO NOT CHEW GUM, SMOKE, OR HAVE ANY CANDY OF ANY SORT (INCLUDING MINTS). NOTHING TO EAT OR DRINK UNTIL AFTER YOUR PROCEDURE.**

Due to the medication given to you for the procedure, you **WILL NOT** be permitted to drive 12 hours afterward. You must have ONE responsible adult accompany you the day of your procedure. Your driver must **CHECK IN** with you at the front desk. **NO FOR-HIRE DRIVER (bus, taxi, Uber, Lyft, etc.) UNLESS YOU ARE ACCOMPANIED WITH A RESPONSIBLE ADULT.**

***Please bring with you a list of all current medications, your insurance card, and a photo ID. If you are paying cash, please make arrangements. If you have any questions, feel free to call the office at (909) 796-7803.***