

**AARON B. PARRISH M.D.** 14850 Los Gatos Blvd. Los Gatos, CA 95032 (408) 358-2868  
**COLONOSCOPY INSTRUCTIONS** **SUPREP AM and PM**

Patient Name: \_\_\_\_\_ **(LETICIA EXT 23)**

\_\_\_\_\_**Silicon Valley Surg. Ctr.**  
14601 So. Bascom Ave. #100  
Los Gatos, CA 95032 402-0663

\_\_\_\_\_**Los Gatos Surgical Ctr.**  
15195 National Ave. 100  
Los Gatos, CA 95032 356-0454

\_\_\_\_\_**Endoscopy Ctr.**  
2410 Samaritan Dr. #100  
San Jose, CA 95124 369-9798

Date of Procedure: \_\_\_\_\_

Arrival Time at Facility: \_\_\_\_\_ AM PM Procedure Time: \_\_\_\_\_ AM PM

You will be ready to be picked up at approximately: \_\_\_\_\_

You will need someone to drive you home. Your **CANNOT** drive yourself or take a TAXI.

\_\_\_\_\_**Your procedure IS NOT** scheduled with an Anesthesiologist. Your doctor will give you Anesthesia.

\_\_\_\_\_**Your procedure IS** scheduled with an anesthesiologist, please call (800) 275-8752 with any questions.

## **BOWEL PREP**

You will need to purchase **Suprep** from a pharmacy. **(Do Not Follow Directions on Box)**

### **\*\*\*7 DAYS BEFORE PROCEDURE:**

You may **NOT take aspirin** or other anti-inflammatory drugs, Motrin, Advil, Naprosyn, Ginko Biloba, St. John's Wort **or Fish Oil** for **7 days** prior to your procedure unless OK'd by Dr. Parrish. You **MAY use Tylenol** (Acetaminophen) as needed.

If you are on Coumadin, Eliquis or other blood thinners, please alert us.

### **\*\*\*1 DAY BEFORE PROCEDURE: (From the time you wake up in the AM)**

**YOU WILL BE ON A CLEAR LIQUID DIET ONLY STARTING AFTER BREAKFAST**

Examples of clear liquids are on the backside of this paper.

**NO DAIRY PRODUCTS ARE ALLOWED! NO RED FLUIDS!**

**\*\* Stay hydrated.** The preparation works best when you are well hydrated. **\*\***

**STEP 1** At 6:00-7:00 PM, take bottle from kit and pour into cup provided. Fill to the 16oz. fill line with water, and drink the entire amount. You must drink 2 more 16oz glasses of water within the next hour.

### **\*\*\*DAY OF PROCEDURE:**

**4 HOURS BEFORE YOUR PROCEDURE REPEAT STEP 1**

**YOU MAY HAVE CLEAR LIQUIDS UP TO 2 HOURS BEFORE YOUR PROCEDURE.**

Prescription medications should be continued throughout the preparation with a sip of water. If you are a diabetic, please bring your morning insulin or oral medications with you.

**STOP ALL LIQUIDS AS OF \_\_\_\_\_**

**OVER.....**

PLEASE CALL YOUR INS. AND CHECK BENEFITS AND YOUR FINANCIAL RESPONSIBILITY:

\_\_\_\_ Screening Colonoscopy Procedure Code # 45378 /45399 Diagnosis Code Z12.11

\_\_\_\_ Diagnostic Colonoscopy Procedure Code #45378 /45399 Diagnosis Code \_\_\_\_\_

**Our office will call your insurance and get authorization for your procedure. We will be calling you to collect payment for our fee for your procedure if your deductible for the year has not yet been met.**

There will be several entities involved in your care. The following will be requesting payment from you or your insurance company:

1. Surgeon
2. Anesthesiologist (if indicated)
3. Facility
4. Pathology (if indicated)

### **CANCELLATION POLICY**

As a courtesy to the practice and to my other patients, please keep the appointments that you schedule. We require a **FIVE WORKING DAY CANCELLATION OR RESCHEDULING NOTICE**, if you cannot keep your procedure appointment. If the cancellation policy is not kept or you are a “no show” the day of the procedure, there will be a **\$100.00** fee billed directly to you. **THIS DOES NOT INCLUDE THE DAY YOU CALL IN TO CANCEL YOUR PROCEDURE NOR THE DAY OF YOUR PROCEDURE. IF YOU CANCEL MORE THEN ONE TIME FEE INCREASES TO \$150.00**

### **LIST OF CLEAR LIQUIDS FOR BOWEL PREPARATION:**

**(\* \* Nothing with RED, Nothing with MILK \* \*)**

#### **BEVERAGES OR FLUIDS BY MOUTH**

Water or Ice  
Tea (no milk or non-dairy creamer)  
Coffee (no milk or non-dairy creamer)  
Ginger Ale  
Sodas  
Orange Soda  
Sport drinks like Gatorade  
Fruit juices (no pulp)  
Lemonade or Limeade  
Apple Juice or Cider  
White Grape Juice  
White Cranberry  
Kool-Aid  
Tang

#### **SOUPS**

Broth or Bouillon  
(ie: Chicken, Beef, or veggie)

#### **DESSERTS**

Popsicles (no red)  
Italian Ice  
Shaved Ice  
Jello (ie: lemon, lime, orange) with **NO FRUIT or TOPPINGS** added  
Hard Candy (clear)(ie: Jolly Ranchers, Life Savers)