

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

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

\_\_\_\_ Silicon Valley Surg. Ctr.      \_\_\_\_ Los Gatos Surgical Ctr.      \_\_\_\_ National Ambulatory Surg. Ctr.  
14601 So. Bascom Ave. #100      15195 National Ave. 100      15251 National Avenue #207  
Los Gatos, CA 95032 402-0663      Los Gatos, CA 95032 356-0454      Los Gatos, CA 95032 358-1555

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. You 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 (503) 372-2740 with any questions.

## **BOWEL PREP**

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

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

**X**

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.

**-DO NOT EAT BERRIES, SEEDS, POPCORN OR CORN 3 days before procedure**

### **\*\*\*1 DAY BEFORE PROCEDURE:**

HAVE A LOW FIBER BREAKFAST BEFORE 10:00 AM

\*AFTER 10:00 AM: **CLEAR LIQUIDS ONLY**

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

**NO DAIRY** PRODUCTS!

**NO RED** FLUIDS!

**STEP 1** \*\*\*5:00PM-FILL THE 16OZ CUP WITH WATER. SWALLOW EACH TABLET (12 TABLETS) WITH A SIP OF WATER AND DRINK THE ENTIRE AMOUNT WITHIN 15-20 MINUTES.

**STEP 2** 1 HOUR LATER DRINK 32OZ OF WATER WITHIN 60 MINUTES.

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

5 HOURS BEFORE YOUR PROCEDURE REPEAT **STEP 1& 2**

**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 \_\_\_\_\_ INCLUDES WATER.**

PLEASE CALL YOUR INSURANCE TO CHECK BENEFITS AND YOUR FINANCIAL RESPONSIBILITY:

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

\_\_\_\_ Diagnostic Colonoscopy Procedure Code #45378 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)