



## Kumar Desai, MD

Gastroenterology & Hepatology  
& Advanced Therapeutic Endoscopy

Dear: \_\_\_\_\_

Please arrive at the following Endoscopy center at \_\_\_\_\_ on \_\_\_\_\_.

[ ] **Los Robles Hospital:** 215 W. Janss Rd., Thousand Oaks, CA. Phone: (805) 497-2727  
<http://losrobleshospital.com>

[ ] **Los Robles SurgiCenter:** 2190 Lynn Road, Suite 100, TO, CA. Phone: (805) 497-3737  
<https://losroblessurgicenter.com>

### **SUPREP PREPARATION:**

1. Stop NSAIDS (aspirin, Motrin, Advil etc.), Fish Oil, (blood thinners), Iron for **5 days** before your procedure
2. Dinner before day of clear liquids: **Avoid nuts, hi fiber foods two days before procedure**
3. **Clear liquid diet for the day prior to your procedure. DRINK THROUGH OUT DAY**
4. Two options for prep: (refrigerate prep)
  - A. Split prep (PREFERED OPTION):**
    - Step 1: On evening before procedure at 5pm, Pour (1) 6-0z bottle of SUPREP into mixing container
    - Step 2: Add cool water to 16-0z line and mix – Drink all of container
    - Step 3: Drink two 16-0z of water or ginger ale or Gatorade (within 1 hour)
    - Step 4: Repeat steps 1-3, morning of procedure at 4 or 5 am. (At least three hours before procedure)
  - B. Single day prep:** (best for procedures before 8am - Not recommended otherwise)
    - Start at 5pm:
    - See step 1 – 3
    - Step 4: Repeat again at 9 pm.

Please take any hypertension medications with a sip of water 3 hours before your procedure, if taking insulin please follow instructions from the doctor

\***Clear liquids** – see list included. Avoid alcoholic beverages. Stay hydrated, drink fluids all day.

\*The days before clear liquids, your dinner should avoid nuts and high fibers (beans, seeds, raw vegetables, fruits, quinoa, kale, corn, etc) for these are hard to clean the next day.

\* If you feel nauseated while drinking the prep please wait 10 minutes and resume drinking.

\* Please bring your **driver's license, insurance cards and medication list** to the Endoscopy center

\*Please bring someone to drive you home.

\* **NO LIQUIDS EXCEPT PREP PRIOR TO YOUR PROCEDURE.**

\*We would like to provide you with the most complete exam possible. Unfortunately, not all preps have the same effect on everyone. Therefore, the above instruction is **not** a guarantee that you will be properly prepared for your colonoscopy. There is a small possibility that you will need to be rescheduled at a later date with additional instructions if your prep is inadequate.

\*If you have any questions please call our offices at (805) 449-4278.