

CAREY B. STROM, MD, FASGE

8631 West 3rd St Suite 1017E

Los Angeles CA 90048

310-550-0400

310-285-0482 (fax)

www.doctorstrom.com

PATIENT INSTRUCTIONS FOR COLONOSCOPY WITH SUPREP PREPARATION

Patient Name: _____

Procedure Date: _____ Arrival Time: _____

LOCATION:

_____ **The Surgery Center of Beverly Hills**
8750 Wilshire Boulevard
Suite 150
Beverly Hills, CA 90211
(424) 382-1137

_____ **Cedars Sinai Medical Center**
South Tower – GI Lab 7th Floor
8700 Beverly Boulevard
Los Angeles, CA 90048
(310) 423-6146

ONE WEEK BEFORE PROCEDURE:

Please do not take any ASPIRIN, MOTRIN, ADVIL, ALEVE, IBUPROFEN (or any other anti-inflammatory medications), TICLID, VITAMIN E, GINKGO BILOBA, ST. JOHN'S WORT, VITAMINS CONTAINING IRON, PLAVIX, XARELTO, ELIQUI S, PRADAXA, SAVAYSA, BRILINTA, OR COUMADIN 7 days prior to the procedure. Instructions regarding PLAVIX, XARELTO, ELIQUIS, PRADAXA, SAVAYSA, BRILINTA, OR COUMADIN should be supplied by the physician who is following you on these medications. If you accidentally take one of the above medications, please call the office.

DAY BEFORE PROCEDURE:

1. NO SOLID FOOD ALL DAY BEFORE PROCEDURE, ONLY CLEAR LIQUIDS. You can have water, apple juice, white grape juice, white cranberry juice, black coffee, tea, Gatorade drinks, vegetable/chicken broth, gelatin, popsicles (both no red colored), soft drinks, and hard candy.
2. Follow instructions on the back of this page for mixing, preparing, and taking SUPREP. **(NOT the instructions on the box.)**
3. You may experience discomfort, abdominal distention, abdominal pain, nausea, vomiting, and/or headache.
4. NOTHING BY MOUTH AFTER MIDNIGHT.

OTHER INSTRUCTIONS:

1. You may take high blood pressure and/or heart medications the morning of the procedure with a small amount of water. For insulin, please consult with your primary doctor for instructions.
2. **YOU WILL NOT BE ALLOWED TO DRIVE YOURSELF HOME AFTER THE PROCEDURE. TAXI CABS ARE NOT ALLOWED UNLESS SOMEONE IS ACCOMPANYING YOU. PLEASE MAKE ARRANGEMENTS PRIOR TO THE PROCEDURE.**
3. Confirm your procedure with our office 24-48 hours prior to scheduled procedure.

COVID-19 TEST

A Covid-19 test is required 3 to 5 days prior to procedure. If you are having your procedure done at Cedars Sinai Medical Center, Cedars will contact you directly to schedule a drive-through test prior to procedure. If you are having your procedure done at the Surgery Center of Beverly Hills, please refer to the attached Covid-19 Testing Sites form attached, to schedule a Covid-19 Test.

SUPREP Bowel Prep Kit is a split-dose regimen.

Both 6-ounce bottles are required for a complete prep.

FIRST DOSE: Begin Step 1 at **5:00** PM the evening before your procedure and proceed as shown below:

You must complete Steps 1 through 4 using one (1) 6-ounce bottle before going to bed:

STEP 1



Pour **ONE** (1) 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.

NOTE: Dilute the solution concentrate as directed prior to use.

STEP 3



Drink **ALL** the liquid in the container.

STEP 4



You **must** drink two (2) more 16-ounce containers of water over the next 1 hour.

SECOND DOSE: Begin Step 1 at **9:00 PM** the evening of your procedure and proceed as shown above:

For this dose, repeat Steps 1 through 4 shown above using the other 6-ounce bottle.

NOTE: FOLLOW ABOVE INSTRUCTIONS - DO NOT FOLLOW INSTRUCTIONS IN SUPREP PREPARATION BOX

OVER

Scope Out Cancer

COVID-19 TESTING

To ensure the safety of our staff, we require patients to undergo a COVID-19 test **3-6 days prior to the procedure.**

Testing can be done at several locations listed below.

- <https://covid19.lacounty.gov/testing/>
- <https://www.cvs.com/minuteclinic/covid-19-testing>
- <https://exerurgentcare.com/locations/>
- <https://la.curativeinc.com/welcome>
- <https://www.coronavirustestingla.com/>
- <https://lhi.care/covidtesting/questionnaire>

- **Exer Urgent Care Culver City**
8985 Venice Blvd STE A3B
Los Angeles CA 90034
Tel: 424-502-1020

- **Exer Urgent Care Westwood**
2090 Westwood Blvd
Los Angeles CA 90025 213-814-4070
Tel: 213-814-4070

- **Exer Urgent Care La Cañada Flintridge**
475 Foothill Blvd Suite K
La Cañada Flintridge CA 91011
Tel: 818-528-6377

We need the results of your test emailed/faxed to our office OR brought with you to the surgery center the day of your procedure.