

( ) **Tresanti Surgical Center**

DATE OF PROCEDURE	
ARRIVAL TIME	TIME OF PROCEDURE
ESTIMATED TIME FOR PICK UP	

**We require a 5 business day notification for cancellations and reschedules, or we charge a \$100 fee per procedure.** While we will make every effort to schedule you at a time that is convenient for you, please note that we will accommodate 2 reschedules. Additional changes will not be scheduled.

**SAN RAMON HOSPITAL PROCEDURE**

You will need to pre-register before your appointment. You can pre-register in admitting any day prior to your procedure OR on the day of your procedure arrive in admitting 1½ hours prior to your scheduled time. (2 HOURS IF YOU ARE TOLD ANTIBIOTICS NEED TO BE GIVEN).

**TRESANTI PROCEDURE**

You will need to arrive 30 minutes prior to your scheduled procedure time. Pre-registration is not required.

**REMEMBER: YOU WILL NOT BE PERMITTED TO DRIVE YOURSELF HOME OR FOR THE REMAINDER OF THE DAY. PLEASE MAKE SURE THAT A FRIEND OR FAMILY MEMBER IS AVAILABLE TO TAKE YOU HOME.**

**5201 Norris Canyon Road,  
Ste #100**  
San Ramon, CA 94583  
**(925) 973-0605**

- Take **680 S** to the **Crow Canyon Road** Exit.
- Exit **Left** onto **Crow Canyon Rd.**
- Go **East (Right)** at **Alcosta** (4 stop lights).
- Turn **Left** onto **Norris Canyon Road. (1<sup>ST</sup> light).**
- Make immediate **Right**, then immediate **Left**.

First Building on the **Left** 5201 in Suite **#100**. Please arrive **½ hour** before appointment.

( ) **San Ramon Regional Med Ctr**

**6001 Norris Canyon Road,**  
San Ramon, CA 94583  
**(925) 275-8261**

- Take **680 S** to the **Crow Canyon Road** Exit.
- Exit **Left** onto **Crow Canyon Rd.**
- Go **East (Right)** at **Alcosta** (4 stop lights).
- Turn **Left** onto **Norris Canyon Road. (1<sup>ST</sup> light).**
- Go straight up hill and hospital will be to your left.

Go to the **admitting** department to pre-register and check-in. Arrive 1-1/2 hour before procedure.

# AFTERNOON COLONOSCOPY

F. Anderson Rowe, M.D.  
5601 Norris Canyon Rd. Suite 240  
San Ramon, CA 94583  
Phone 925-901-1303  
Fax 925-901-1302

## COLONOSCOPY

A colonoscopy allows your doctor to look into your colon using a flexible tube containing a fiberoptic camera. To avoid discomfort, you may expect to receive some intravenous sedation. Because of this, a friend or family member **must** be available to take you home. **The hospital staff will not allow you to drive yourself home.**

**Risks** of endoscopic procedures are minimal. Bleeding, perforation of the G.I. (gastrointestinal) tract, and medication reaction can occur with a colonoscopy. Infection can occur with a colonoscopy as well. Perforation is the most serious potential complication and occurs in 1/5000 colonoscopies. If perforation were to occur, one could expect prolonged hospitalization with the probable need for surgery.

**DISCONTINUE ASPIRIN, ASPIRIN-LIKE COMPOUNDS, IBUPROFEN, NAPROXEN SODIUM, NAPROXED AND IRON FOR 10 DAYS PRIOR TO THE START OF PREP AND FOR 3 WEEKS FOLLOWING THE PROCEDURE**, unless advised by Dr. Rowe to resume sooner. **See brochure "Guide to Products Containing Aspirin and Aspirin-Like Products"**.

**IT IS OK TO TAKE TYLENOL**

**NO ALCOHOL, INCLUDING BEER AND WINE FOR 2 DAYS PRIOR TO YOUR PROCEDURE, OR DAY OF YOUR PROCEDURE.**

## **( ) MOVIPREP**

Pick up MoviPrep kit at the pharmacy at least 3 days before your procedure. Follow these instructions carefully or your prep may not work effectively. **Eat a low fiber diet the day prior to your procedure. Advised foods: rice, potatoes, pasta, chicken, fish.**

### EVENING BEFORE PROCEDURE:

Mix the 1st liter of MoviPrep solution. **Mix 1 package A + 1 package B into the container provided and fill with lukewarm water to the mark (1 liter).** Shake until contents are dissolved. Put this mixture in the refrigerator or add ice to improve taste. Once mixed, the solution should be used within 24 hours.

### DAY OF COLONOSCOPY:

**1.** 6:00 am  
Drink 1<sup>st</sup> liter of MoviPrep solution. Mix 2<sup>nd</sup> liter as directed above. Finish drinking 2<sup>nd</sup> liter before 8:00 am

**2.** 8:00 am  
Approved clear liquid breakfast.  
**NOTHING TO EAT OR DRINK AFTER 8:30 AM, NOT EVEN WATER.**

At the end of a successful prep, a clear, watery diarrhea is expected. If this is not the case, call 901-1303. If the complete MoviPrep regimen is not completed, preparation may be inadequate and the procedure canceled.

## **( ) TRILYTE PREP (OR GENERIC)**

Pick up TriLyte Prep from pharmacy at least 3 days before your procedure. After mixing the TriLyte, place it in the refrigerator and let it chill over night. To flavor the solution you may mix with crystal light lemonade or lemon-lime flavors **ONLY.**

### DAY BEFORE COLONOSCOPY:

- 1. 8:00 AM AM** Regular breakfast.
- 2. 12:00 PM** – Approved clear liquid lunch. You may have approved clear liquids until midnight.
- 3. 6:00 PM** – Drink TriLyte solution - one quart every hour until 2 quarts are ingested.

### DAY OF COLONOSCOPY:

- 1. 6:00 AM** - Drink TriLyte solution - one quart every hour until 2 quarts are ingested.
- 2. 8:00 am** - Approved clear liquid breakfast. **NOTHING TO EAT OR DRINK AFTER 8:30 AM, NOT EVEN WATER.**

At the end of a successful prep, a clear, watery diarrhea is expected. If this is not the case, call 901-1303. If the complete TriLyte regimen is not completed, preparation may be inadequate and the procedure canceled.