



## COLONOSCOPY PREP INSTRUCTIONS

Your procedure is scheduled on: \_\_\_\_\_ Procedure Time: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

Location of Procedure:    ☐ Central Jersey                      ☐ RWJUH — Somerset in Somerville  
   Ambulatory Surgery Center                      110 Rehill Ave.  
   511 Courtyard Dr. — 1<sup>st</sup> Floor                      GI Center — 3<sup>rd</sup> Floor  
   Hillsborough, NJ 08844                      Somerville, NJ 08876  
   908-895-0001                      908-685-2200

### THE DAY BEFORE THE COLONOSCOPY

#### **BEFORE 9:00 am**

You may have a low-residue breakfast, if you desire, strictly limited to:

- 2 eggs (boiled or fried) or 1 oz of cheese
- 1 cup of milk
- 2 slices of white bread/toast
- 1 tsp of butter (if desired)

#### **9:00 am**

**Begin and remain on a strict CLEAR LIQUID Diet. NO FOOD AT ALL UNTIL AFTER YOUR PROCEDURE THE FOLLOWING DAY. (see clear liquid list on next page)**

#### **3:00 pm**

Take 2 Dulcolax pills by mouth with water.

Take 1 Simethicone tablet.

#### **4:00 pm**

Mix the entire bottle of Miralax powder with 64 oz. of Gatorade, Powerade or Propel (**NO RED**).

You may start to drink the Miralax mixture at 4 pm. Drink one 8 oz glass every 30-60 mins until the entire 64 oz. is finished. A straw may help. If you become nauseated or vomit, take a 30 minute break, then continue.

#### **9:00 pm**

Take the last 2 Dulcolax pills by mouth with water.

### THE DAY OF COLONOSCOPY

At \_\_\_\_\_ (4 ½ hours prior to your start time) Take 1 Simethicone tablet. Drink the entire 10 oz. bottle of Magnesium Citrate.

After \_\_\_\_\_ you are not allowed to drink anything else!

**TAKE NOTHING BY MOUTH INCLUDING WATER WITHIN 4 HOURS OF YOUR START TIME.**

**\*\* You MUST have someone to drive you home**

**\*\* Cancellation Policy: Cancellations within 48 hours incur a \$100 charge not covered by insurance.**

## **CLEAR LIQUID LIST**

**Avoid all RED liquids - they can look like blood in the colon! NO ALCOHOL**

- Gatorade®, Powerade® (Sports drinks with electrolytes are recommended to help with hydration)
- Water, tea, or coffee (**NO CREAM OR MILK, sugar is ok**)
- Clear Broth or Bouillon
- Jell-O®, Popsicles®, Italian ice (**no fruit or cream added**)
- Apple juice, white grape juice or white cranberry juice, lemonade, ice tea (**No juice with pulp**)
- Soda such as Sprite®, 7-UP®, ginger ale, or any cola
- Clear hard candy, gum

## **FREQUENTLY ASKED QUESTIONS**

### **What medications/supplements should I avoid prior to procedure?**

Stop the following blood thinners, if, and only if, the Prescribing Physician approves for the number of days s/he allows: Plavix, Clopidogrel, Effient, Brillinta, Coumadin, Warfarin, Pradaxa, Xarelto and Eliquis.

### **What medications should I take prior to procedure?**

You may take **critical** medications up until 4 hours before your start time. Do not take any vitamins/supplements the morning of your procedure. It is okay to continue Anti-inflammatory medications such as aspirin, ibuprofen, Motrin, Aleve and Tylenol.

### **Are there any special instructions for diabetic patients?**

Hold (do not take) your oral diabetic medication the morning of the colonoscopy. Take ½ of the insulin dose prior to the procedure. Use sugar free drinks for liquids during the prep to avoid increase in blood sugar. Monitor and control your blood sugar closely during your prep to prevent low and high blood sugar, Note: Your procedure may need to be cancelled if your blood sugar is over 300mg/dl on arrival.

### **Are there any special instructions I need to follow in the days prior to my procedure?**

Two days before the procedure it is best to avoid high fiber foods such as fresh/dried fruit, vegetables, seeds, nuts, and marmalades.

### **Do I need to finish the entire prep if my bowel movements are clear?**

Yes. It is best to finish the entire prep as directed.

### **What should I bring with me to my procedure?**

Please bring your insurance card, photo id and current medication list.

### **What should I wear to my procedure?**

You should wear loose comfortable clothing. Leave all jewelry and valuables at home. Contact lenses should not be worn. You should not wear any clothing with metal including zippers and underwire bras.

### **Are there any special instructions for breast feeding mothers or patients of child-bearing age?**

Prior to procedure, breast feeding mothers must pump enough milk for 24 hours worth of feedings to have for after the procedure. They must also pump and dump for 24 hours after the procedure. Patients of child-bearing age should not empty their bladder until they have given a urine sample upon arrival.

### **Do I need a ride home?**

You must have someone drive you home or accompany you home on public transportation. If your procedure is in the afternoon, your driver must remain at the facility during the procedure.

### **Why are gum and hard candy not allowed for four hours prior to the procedure time?**

Gum and hard candy stimulate the production of stomach juices and can increase the risk of complications during the procedure.



Your exam is only as good as your colon prep. A good sign that the prep has been effective is the transition to clear/yellow, watery bowel movements. If, 2 hours prior to your start time, your bowel movements are not clear/yellow (that is, they are still solid or mostly brown), please call 908-895-0001 for instructions.



Adequate



Inadequate

**PLEASE TAKE A PICTURE  
OF YOUR LAST BOWEL MOVEMENT AT HOME  
AND EMAIL THE PICTURE TO  
[cjasc@dhccenter.com](mailto:cjasc@dhccenter.com)  
IF WE DO NOT RECEIVE A PICTURE,  
YOUR PROCEDURE MAY BE DELAYED  
AND YOU'RE MORE LIKELY  
TO HAVE AN INCOMPLETE PROCEDURE.  
THIS MAY LEAD TO NEEDING ANOTHER PROCEDURE.**

**Please include your name and telephone number. Thank you.**

## **COLONOSCOPY PREPARATION SHOPPING LIST**

**YOU MAY PURCHASE THE FOLLOWING ITEMS OVER THE COUNTER AT YOUR LOCAL PHARMACY OR SUPERMARKET.**

- 1. FOUR DULCOLAX 5 MG LAXATIVE PILLS  
(NOT suppositories)**
- 2. ONE 8.3 OUNCE BOTTLE OF MIRALAX POWDER  
(or store brand equivalent)**
- 3. ONE 10 OUNCE BOTTLE OF MAGNESIUM CITRATE  
(any brand or flavor — NO RED)**
- 4. TWO SIMETHICONE 125 MG (GAS-RELIEF TABLETS)**

**\*\*\* PURCHASE 2 FLEET ENEMAS TO HAVE ON HAND  
FOR THE MORNING OF THE PROCEDURE IN THE  
EVENT THE PREP IS INSUFFICIENT.**