



## **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. We are not responsible for personal belongings.

### **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

## IMPORTANT

For the safety of our patients, the policy of Central Jersey ASC requires all patients to have a responsible driver 18 years or older to transport them home after their procedure.

Patients taking a taxi or ride share, must have a responsible adult 18 years or older, either accompanying them home or if they are unable to accompany you, they must be available to verify that you have arrived safely. If you are taking a taxi or ride share and your responsible adult is not able to accompany you home, our nursing staff will contact them prior to your procedure to confirm that they are able to make sure you arrive home safely.

We encourage your driver to remain close to the center as you will most likely be here for a period of 1½ to 2 hours. We ask that our waiting room remain reserved for patients only. There is limited seating in our common areas of the building (including the 2nd floor), for drivers to wait. They are also able to wait in their cars and will be called when you reach the recovery area to let them know you will be ready for discharge in 30 minutes.

**The surgery center closes at 5:00 pm. If your procedure is scheduled 3:00 pm or later, we ask that your driver remain on the premises due to unforeseen traffic issues in our area.**

## **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 SALINE ENEMAS TO HAVE ON HAND  
FOR THE MORNING OF THE PROCEDURE IN THE  
EVENT THE PREP IS INSUFFICIENT.**