

Colonoscopy Instructions

To Schedule Call # 609-924-1422 Fax # 609-924-7473

7 DAYS BEFORE YOUR PROCEDURE:

- **DO NOT** take anti-inflammatory medications such as Advil, Aleve, Excedrin, Ibuprofen, Motrin, Nuprin, etc. unless otherwise directed by your physician
- **DO NOT** eat any foods with visible nuts and/or seeds, such as popcorn, quinoa, and whole grain breads.
- **Stop** taking any fish oil supplements.
- You **MAY** take Tylenol or Acetaminophen if needed.
- **Continue** to take your aspirin unless otherwise instructed.

On the day before your colonoscopy:

- Drink only clear liquids all day—about one 8 ounce glass every hour.
- **Do NOT** eat any solid food or dairy products.
- You can have any of the following as long as they are **NOT RED OR PURPLE colored**.
 - clear juices **without** pulp: apple, white grape, lemonade, white cranberry
 - Water, clear soda (7-Up, Sprite, ginger-ale...No cola), Gatorade, Powerade, Pedialyte,
 - Jell-O, ice popsicles, Italian ice, or water ice.
 - Iced or hot coffee or tea (without milk or non-dairy creamer) any type of sweetener is ok.
 - Clear broth or bouillon (chicken, beef, or vegetable).

SUPREP Bowel Prep Kit is a split-dose (2-day) 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 6 hours before your procedure and proceed as shown above:

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

NOTE: You must finish drinking the final glass of water 4 hours before your colonoscopy

OVER →

YOUR PROCEDURE IS SCHEDULED AT:

Princeton Endoscopy Center, LLC, First Floor
Princeton Plaza, 731 Alexander Rd.
Princeton, NJ 08540
Telephone: 609-452-1111
Parking & Entrance are at the rear of the building

Medical Arts Pavilion, UMCP
5 Plainsboro Rd. Second Floor
Plainsboro, NJ 08536
Steven & Roxanne Distler Center
for Ambulatory Surgery

ON THE DAY OF THE PROCEDURE:

- Be sure to bring your insurance card and PHOTO ID
- Bring a referral for the facility, if your insurance plan requires one
- Someone **MUST** drive you to and from your appointment as you will be receiving sedation which impairs your ability to drive an automobile. Do **NOT** drive for the entire day.
- You may take a taxi **ONLY if you are accompanied by an escort over the age of 18.** The taxi driver is **NOT** an acceptable escort.
- **NO gum, No mints, No cough drops within 6 hours of your arrival time.**
- Please brush your teeth the morning of the procedure: rinse and spit.
- All female patients please note: you will need to provide a urine sample upon check in at the endoscopy center.

****** Please take ALL of your usual prescription medications INCLUDING blood pressure and heart medication upon awakening with a small sip of water, except for medications you were specifically told to stop. ******

If you are diabetic:

____ Obtain specific insulin instructions for the day of the prep and the day of the procedure from your primary care physician or endocrinologist.

____ **Do not** take your oral diabetic medications the morning of the procedure. You will receive specific instructions about when to take it when you are discharged from the Endoscopy Facility.

If you take Coumadin (Warfarin), Effient, Plavix (Clopidogrel), Pradaxa, Xarelto, Eliquis or any other blood thinner:

____ You should **NOT** take _____ for _____ days before the procedure unless you are otherwise instructed.

____ You can **take** your asthma medication AND please **bring** your asthma medication to your procedure.

____ Day of procedure, take all your vitamins and supplements **AFTER** the procedure

The procedure generally takes about **40 minutes**, but you should plan on being present for about **1 ½- 2 hours**.

*****If any biopsies are taken during the procedure, you will be notified of results within 5-10 business days after your procedure.**

Nurse's Notes: _____
