PURCHASE THE FOLLOWING OVER THE COUNTER PRODUCTS FOR YOUR BOWEL PREP:

- Dulcolax Laxative Tablets (NOT the suppositories or stool softeners)
- Miralax Laxative Powder 238 gram bottle

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.
- You may take Tylenol or Acetaminophen if necessary.
- Do NOT eat any seeds, nuts, corn or whole grain breads with visible nuts/seeds for 7 days before your procedure.

ON THE DAY BEFORE YOUR COLONOSCOPY:

- Drink only CLEAR liquids all day.
- Drink CLEAR broth or bouillon (chicken, beef, or vegetable) for meals & throughout the day.
- Do NOT eat any solid food or dairy products – no milk, orange juice or creamy foods.
- You can have any of the following clear liquids as long as they are NOT RED OR PURPLE colored.
  - Clear juices without pulp: apple, white grape, lemonade, white cranberry, lime
  - Clear Ensure or clear Pedialyte.
  - Water, clear soda (Sprite, cola, ginger-ale), Gatorade, Powerade, Jell-O (no fruit), ice popsicles
  - Iced or hot coffee or tea (without milk or non-dairy creamer). Any type of sweetener is ok.
- At 5 PM take four (4) Dulcolax oral laxative tablets with an 8 ounce glass of water
- Next, mix the entire bottle of Miralax with 2 Quarts of any of the following: water, apple juice, iced tea, or diluted Gatorade. Stir until dissolved and refrigerate.

FUNCTIONALITY************ IF YOUR PROCEDURE IS SCHEDULED BEFORE 10:30 AM:FUNCTIONALITY************

- At 7 PM drink one quart of the mixture at a rate of one 8 ounce glass every 30 minutes, for a total of 4 glasses.
  
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- At 10 PM drink the remaining quart of the mixture at a rate of one 8 oz glass every 30 minutes, for 4 more glasses.
  
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Drink a few more glasses of any clear liquids if you are not clear by 12AM MIDNIGHT.
Do not have anything to eat or drink, not even water after 2:00 AM (day of procedure).

************ IF YOUR PROCEDURE IS SCHEDULED AT 10:30 AM OR LATER:************

- At 7PM drink one quart of the mixture – one 8 ounce glass every 30 minutes, for a total of 4 glasses. You may use any of the “clear liquids” mentioned above.
  
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- At 5AM (the morning of the procedure) drink the remaining quart of the mixture – one 8 oz glass every 30 minutes, for 4 more glasses.
  
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Do not have anything to eat or drink, not even water after 7:00 AM (morning of the procedure).
YOUR PROCEDURE IS SCHEDULED AT:

Princeton Endoscopy Center  
Princeton Plaza, Suite # 104, 731 Alexander Rd,  
Princeton, NJ 08540  
Tel: 609-452-1111  
Parking & Entrance are at the rear of the building

University Medical Center at Princeton-Plainsboro  
Medical Arts Pavilion, 5 Plainsboro Road, 2nd Fl.  
Plainsboro, NJ 08536  
Tel: 609-853-7500

ON THE DAY OF THE PROCEDURE:

• Check in either at the PRINCETON ENDOSCOPY CENTER SUITE 104, (not the Princeton Gastroenterology office), or the MAP building at the University Medical Center at Princeton-Plainsboro.
• Be sure to bring your insurance card and PHOTO ID
• Bring a referral for the facility, if your insurance plan requires one
• **DO NOT DRIVE for the entire day.** Someone **MUST** drive you to and from your appointment as you will be receiving sedation which impairs your ability to drive an automobile.
• 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.
• Do **NOT** wear your contact lenses on the morning of the procedure.
• Please bring the completed forms (2 page questionnaire and medication reconciliation) to the Princeton Endoscopy Center. (If your procedure is at the hospital, bring your completed medication form).

Please take all of your usual medications including your 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 doctor 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 or Aspirin:

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

_____You should continue to take your aspirin unless otherwise instructed.

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

_____Day of procedure, take 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 you have questions, please read the “FAQs about colonoscopy” on our website @ www.princetongi.com.

Nurse’s Notes: ___________________________________________________________