



Colonoscopy Information:

The procedure you are scheduled for allows an examination of the entire colon or large bowel using a lighted flexible scope. It is designed to help explain symptoms such as bleeding, diarrhea, or abdominal pain. It allows for the taking of biopsies and the removal of certain polyps if any are found.

In order for the procedure to be successful, the colon must be clean. This requires the use of special preparation.

1 WEEK BEFORE YOUR PROCEDURE:

- If you are taking Iron, Multivitamins, Aspirin or ANY blood thinning medications STOP 5 DAYS PRIOR TO THE PROCEDURE.
- If you are taking **Plavix** or **Coumadin** please discuss this with the physician.
- If you are a **diabetic** please discuss medication changes with the doctor.

3 DAYS BEFORE YOUR PROCEDURE (DIET INFORMATION):

- ❖ Follow a LOW FIBER diet. Avoid such foods such as popcorn, nuts, fresh fruits, raw vegetables or products containing whole wheat or bran.
- ❖ STOP ALL FIBER SUPPLEMENTS (Fibercon, Metamucil, and Citrucel).
- ❖ **You may eat:** dairy products, meats, poultry, fish, pasta, white rice, white bread, eggs, mashed potatoes, cooked carrots or squash.

THE DAY BEFORE YOUR PROCEDURE:

MEDICATIONS:

DIET INFORMATION: NO SOLID FOODS!! CLEAR LIQUIDS ONLY - any liquid you can see through is a clear liquid. Clear liquids reduce bowel residue and ease thirst. These liquids provide certain salts and minerals and prevent dehydration.

- ❖ **BEVERAGES:** Water, tea without milk or creamer, strained fruit juices without pulp (apple, white grape, lemonade, white cranberry). Soft drinks/sports drinks (ginger ale, cola, sprite, 7-UP, Gatorade (NOT RED OR PURPLE COLORED!!)).
- ❖ **SOUPS:** clear broths or bouillon
- ❖ **DESSERTS:** Jell-O (without added fruit/toppings, NO red or purple colors). Popsicles (No sherbets, no fruit bars), hard candies

Please call the office if you have any further questions (609)-918-1222

THE DAY BEFORE YOUR PROCEDURE PREPARATION:

- ❖ **3:00pm** take 2 DULCOLAX laxative pills with 8oz of water. Swallow the tablets whole with a full glass of water.
- ❖ **6:00pm** mix one (1) 238 gram bottle of MIRALAX in 64oz of any clear liquid listed above (EXCEPT red/purple liquids). Drink an 8oz glass every 15-20 minutes until you have finished the solution.
- ❖ **9:00pm** take two (2) DULCOLAX laxative pills with an 8oz glass of water.
- ❖ **Once your prep is complete you may continue to drink clear liquids until midnight.**

MORNING OF YOUR PROCEDURE:

- ❖ **NOTHING TO EAT OR DRINK!**
- ❖ **ONLY ESSENTIAL MEDICATIONS ARE PERMITTED WITH A SIP OF WATER**
- ❖ **YOU MUST HAVE AN ESCORT THE DAY OF THE PROCEDURE AS YOU ARE TO ABSTAIN FROM DRIVING THE REST OF THE DAY.**

Appointment Information:

Date:_____ Time:_____ Arrive at:_____

IF YOU HAVE ANY CHANGES IN YOUR INSURANCE BEFORE YOUR SCHEDULED PROCEDURE, PLEASE CONTACT THE OFFICE SO WE CAN ACQUIRE THE PROPER AUTHORIZATION OR YOU WILL BE RESPONSIBLE FOR THE BILL.

- Surgical Specialists at Princeton: Forrestal Village 136 Main Street, Ste. 100 Princeton, NJ (609)-799-1130
- University Medical Center of Princeton @ Plainsboro: Medical Arts Pavilion 2nd Floor, 1 Plainsboro Rd, Plainsboro NJ (609)-497-4000

****Follow Up Appointment Information (in our East Windsor office):**

DATE:_____ TIME:_____

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