



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 the 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 Commadin please discuss this with the physician
- If you are a diabetic, please discuss medication changes with the physician

3 days before the procedure:

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

The day before the procedure (Diet Information):

- No solid foods. Clear liquids only. Any liquid you can see through is a clear liquid. Clear liquid 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, 7UP, sprite, Gatorade that is not red or purple colored).
 - Soups: clear broth or bouillon
 - Desserts: Jell-O (without added fruit or toppings and no red or purple color). Popsicles (no sherbets or fruit bars), hard candies

The day before the procedure (Preparation)

- 3.00pm take 12 SUTAB tablets with 16 oz. of water. Swallow each tablet with a sip of water. Drink the entire amount over 15 to 20 minutes
 - 1 hour after drinking the last tablet, drink 16 oz. of water over 30 minutes
- 8.00pm take 12 SUTAB tablets with 16 oz. of water. Swallow each tablet with a sip of water. Drink the entire amount over 15 to 20 minutes
 - 1 hour after drinking the last tablet, drink 16 oz. of water over 30 minutes
- Once your prep is complete you may continue to drink clear liquids until midnight

Morning of the 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: _____

(note: cancellations made with less than 72 hours notice will result in a \$100 missed appt charge)

IF YOU HAVE ANY CHANGES IN YOUR INSURANCE BEFORE YOUR SCHEDULED PROCEDURE, PLEASE CONTACT THE OFFICE SO WE CAN ACQUIRE THE PROPER AUTHORIZATIONS OR YOU WILL BE RESPONSIBLE FOR 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 Road, Plainsboro, NJ. 609.497.4000

PLEASE CALL THE OFFICE IF YOU HAVE ANY QUESTIONS AT 609.918.1222