

COLONOSCOPY PREPARATION INSTRUCTIONS

5 DAYS BEFORE your colonoscopy	2 DAYS BEFORE your colonoscopy	THE DAY BEFORE your colonoscopy	THE DAY OF your colonoscopy
<p>**READ ALL INSTRUCTIONS**</p> <p>Stop herbal, oil-based vitamins, iron, ibuprofen, aspirin, all fiber such as Metamucil, Konsyl, Citrucel, FiberCon, BeneFiber.</p> <p>Discontinue all medicines that stop diarrhea such as Imodium, Kaopectate and Pepto Bismol.</p> <p>Avoid salads or high fiber foods including nuts, seeds & popcorn. Avoid hard fruits, hard vegetables.</p> <p>Arrange for a driver to take you home after the procedure.</p>	<p>Purchase the following at your pharmacy or grocery store (generics medications are fine):</p> <p>* Bisacodyl (Dulcolax) 5mg laxative (4 tablets)</p> <p>* Miralax powder 238 gram bottle (or two 119 gram bottles)</p> <p>* 64 ounces of CLEAR liquid such as gingerale, 7Up, white grape or white cranberry juice, water, etc. (NOTHING RED or PURPLE IN COLOR).</p> <p>If you are diabetic / have kidney disease, water or Crystal Light are recommended. Do not use Gatorade / electrolyte drinks.</p> <p>If scheduled at Jefferson an EKG may be required. Patients taking 2 blood pressure meds, patients over age 70, and patients any age with a cardiac history must have an EKG faxed to Jefferson Surgery Center (856) 218-1049 at least 2 days before your colonoscopy.</p>	<p>You may eat light foods (excluding items mentioned in the first column) before noon. After 12:00 P.M. take nothing by mouth except clear liquids and the prep outlined below.</p> <p>At 12:00 P.M. Mix Miralax powder with 64 oz. clear liquid. and refrigerate. NOTE: Mixing may be easier if you make 4 smaller batches (divide all of the Miralax powder in equal amounts into 4 containers. Mix each with 16 oz clear liquid).</p> <p>At 4:00 P.M. Take all 4 of the Dulcolax tablets with 8 oz of clear liquid.</p> <p>At 6:00 P.M. Begin drinking the Miralax mixture: 8 oz every 15 minutes until it is gone. Note: If you are too full or have nausea/vomiting, stop for 20 minutes then start again.</p> <p>Take your usual medications. If you are on INSULIN take half your usual P.M. dose. Do not take diabetic meds in the A.M. until your colonoscopy is done.</p>	<p>Take only blood pressure, asthma, and/or seizure meds with a small sip of water.</p> <p>Do not eat or drink any other liquids.</p> <p>Do not chew gum or use breath mints.</p> <p>Report to the facility checked below on the date and time specified with your insurance card and identification (such as your driver's license).</p> <p>You may resume a normal diet after your procedure unless instructed otherwise.</p>
<p>3 DAYS BEFORE your colonoscopy</p> <p>We recommend that you STOP blood thinners 3 days before.</p> <p>Check with your prescribing dr before stopping any medicine.</p> <p>Notify us if you require antibiotics. Sometimes required if you have a pacemaker, heart valve disorder or artificial joints. Check with your cardiologist or orthopedic surgeon if unsure.</p>			<p>THE DAY AFTER your colonoscopy</p> <p>Please call (856) 218-0200 to schedule a follow-up appointment with Dr. Plumeri, usually 2-4 weeks after your colonoscopy. Note that referrals and copayments are required for all visits, including follow-up services.</p>

REPORT TO EITHER:
 (We will specify which facility.)

Advanced Surgical Institute (ASI)
 556 Egg Harbor Road, Suite B
 Sewell, NJ 08080
 Phone (856) 256-7620
 Fax (856) 256-7621

OR Jefferson Surgery Center
 540 Egg Harbor Road
 Sewell, NJ 08080
 Phone (856) 218-4900
 Fax (856) 218-1049

DATE and ARRIVAL TIME:
