




# Colonoscopy and Prep Instructions

Your procedure is scheduled on: \_\_\_\_\_ Arrival time: \_\_\_\_\_

Location of procedure:  Central Jersey Ambulatory Surgery Center  
 511 Courtyard Dr.  
 Bldg. 500, 1<sup>st</sup> Floor  
 Hillsborough, NJ 08844  
 908-895-0001

RWJUH—Somerset in Somerville  
 110 Rehill Ave.  
 GI Center—3<sup>rd</sup> Flr, West Elevator  
 Somerville, NJ 08876  
 908-685-2200

**Cancellation Policy: Cancellations within 48 hours incur a \$100 charge. This charge is not covered by insurance.**

<b>Prep Instructions</b>		
<p><b>Important: Avoid Failed Prep or Need for Repeat Procedure</b>            Please watch detailed Video Instructions and FAQ at  <a href="http://www.DHCCenter.com">www.DHCCenter.com</a> -or- Scan QR code →</p>		
<b>The Week BEFORE Colonoscopy</b>	<ul style="list-style-type: none"> <li>• <b>Stop the following blood thinners if, and only if, the Prescribing Physician approves for the number of days s/he allows:</b> Plavix, Clopidogrel, Effient, Brillinta, Coumadin, Warfarin, Pradaxa, Xarelto and Eliquis. Please notify GI office in advance if prescribing physician does not approve stopping any of these meds.</li> <li>• Okay to continue Anti-inflammatory medications, such as aspirin, ibuprofen, Motrin, Aleve, and Tylenol.</li> <li>• <b>2 days before exam: Avoid high-fiber foods: fresh/dried fruit, vegetables, seeds, nuts, marmalades.</b></li> </ul>	
<b>The Day BEFORE Colonoscopy</b>	Between 5-9 am	<p>You may have a low-residue breakfast, if you desire, strictly limited to:</p> <ul style="list-style-type: none"> <li>• 2 eggs (boiled or fried) <u>or</u> 1 oz. cheese</li> <li>• ½ cup of milk</li> <li>• 2 slices of white bread/toast</li> <li>• 1 tsp. of butter (if desired)</li> </ul>
	9 am	<ul style="list-style-type: none"> <li>• <b>Begin and remain on a strict CLEAR LIQUID Diet</b> (see table on next page)</li> </ul>
	3 pm	<ul style="list-style-type: none"> <li>• <b>Take 2 (of 4) prep pills (Dulcolax)</b> by mouth with Clear Liquids</li> <li>• Mix the entire bottle of ClearLax powder and the sleeve of Crystal Light (or any clear liquid you wish to use) with 64oz of water. Stir until dissolved. Chill with ice or in refrigerator.</li> </ul>
	Between 3-6 pm	<ul style="list-style-type: none"> <li>• <b>Begin drinking ClearLax solution</b>--One 8oz glass every 20 mins. until entire 64oz is gone.</li> <li>• A straw may help. If you become nauseated or vomit, take a 30 min. break, then continue.</li> <li>• You may start any time btw 3-6pm, but the earlier you start, the better sleep you may get.</li> </ul>
	9 pm	<ul style="list-style-type: none"> <li>• <b>Take the last 2 prep pills (Dulcolax)</b> by mouth with Clear Liquids</li> <li>• Continue drinking Clear Liquids. It is very important to remain hydrated.</li> </ul>
<b>The Day of Colonoscopy</b>	<ul style="list-style-type: none"> <li>• 4½ hours prior to your arrival time, <b>Pour the entire 10oz bottle of Magnesium Citrate over ice and drink.</b> Note: This may be in the middle of the night or very early morning.</li> <li>• <b>TAKE NOTHING BY MOUTH WITHIN 4 HOURS OF YOUR ARRIVAL TIME.</b></li> <li>• You may take critical medications with Clear Liquids up until 4 hrs. before your arrival time.</li> <li>• For afternoon arrival times, you may continue Clear Liquids until the time you take the MagCitrates.</li> <li>• You must have someone to drive you home or accompany you home on public transportation. If your procedure is in the afternoon, your driver must remain at the facility during the procedure.</li> <li>• You must not drive or be responsible for important decisions until the morning after your procedure.</li> </ul>	

## Clear Liquid Diet List:

- Gatorade<sup>®</sup>, Powerade<sup>®</sup> (sports drinks with electrolytes are recommended to help with hydration)
- Water, tea, or coffee (No cream or milk; sugar is ok)
- Broth or Bouillon
- Jell-O<sup>®</sup>, Popsicles<sup>®</sup>, Italian ice (no fruit or cream added)
- Apple, white grape, or white cranberry juice (No orange, tomato, grapefruit, prune, or any juice with pulp)
- Soda such as Sprite<sup>®</sup>, 7-Up<sup>®</sup>, ginger ale, or any cola
- Clear hard candy, gum
- Lemonade (with no pulp), iced tea
- Avoid all red liquids—they can look like blood in the colon!

### Important Notes and Helpful Hints:

1. **Nothing by Mouth within 4hrs. of your arrival time.** This includes clear liquids, candy, and gum. Taking anything by mouth within 4 hrs. of arrival will cause a delay or cancellation of your procedure.
2. Your exam will only be as good as your colon prep. **A good sign that the prep has been effective is the transition to clear/yellow, watery bowel movements.** If, 2 hrs prior to your arrival time, your bowel movements are not clear/yellow (that is, if they are still solid or mostly brown), please call the phone number below for instructions.
3. Many patients find that chilling the laxative and drinking through a straw improve tolerance.
4. Use the baby wipes included with the prep instead of toilet paper. A small packet of Vaseline is also included in case of a sore bottom.
5. Remain close to toilet facilities as multiple bowel movements may occur. The prep often starts working within an hour but may take many hours to start working.
6. You may take oral medications with water during the prep and up to 4 hours before arrival time.

### Diabetic patients:

1. Hold (do not take) your diabetic medication the morning of the colonoscopy.
  2. Use sugar free drinks for liquids (like the included Crystal Light) during the prep to avoid increases in blood sugar. Monitor and control your blood sugar closely during your prep to prevent low and high blood sugar.
- Note: Your procedure may need to be cancelled if your blood sugar is over 300mg/dl on arrival.

<b>Drug Facts</b>	
<b>Active ingredient (in each enteric coated tablet)</b> Bisacodyl USP 5 mg	<b>Purpose</b> Stool Softener
<b>Use</b> ■ For temporary relief of occasional constipation and irregularity. This product generally produces a bowel movement within 6 to 12 hours.	
<b>Warnings</b> Do not use if you cannot swallow without chewing. Ask a doctor before use if you have a stomach pain, nausea or vomiting ■ a sudden change in bowel habits that lasts more than 2 weeks When using this product, do not eat other or excess fiber. ■ Do not use within 1 hour after taking an antacid or milk. ■ It may cause stomach discomfort, flatulence and cramps. Stop use and ask doctor if ■ you have rectal bleeding or other new or persistent blood in any product, ■ you notice signs of a serious condition, ■ you need to use a laxative for more than 1 week. If pregnant or breast-feeding, ask a health care professional before use. Keep out of reach of children. In case of overdose, get medical help or contact a health care provider right away.	
<b>Directions</b> ■ Use with a glass of water. Adults and children 12 years of age and over take 1 to 3 tablets in a single daily dose. Children 6 to 11 years take 1 tablet in a single daily dose. Children under 6 years of age Ask a doctor.	
<b>Other information</b> ■ Store at controlled room temperature 15°-30°C (59°-86°F). ■ This product is not manufactured or distributed by Dowe Inc. (Dulcolax <sup>®</sup> ), a Division of Pharmacia Corporation, a subsidiary of Pharmacia Limited, Sweden.	
<b>Drug Facts (continued)</b>	
<b>Inactive ingredients</b> ■ Each white to off-white tablet contains 200 mg of hydroxypropyl methylcellulose, 20 mg of polyethylene glycol 400, 10 mg of polyethylene glycol 600, 5 mg of polyethylene glycol 800, 5 mg of polyethylene glycol 1000, 5 mg of polyethylene glycol 1500, 5 mg of polyethylene glycol 2000, 5 mg of polyethylene glycol 3000, 5 mg of polyethylene glycol 4000, 5 mg of polyethylene glycol 5000, 5 mg of polyethylene glycol 6000, 5 mg of polyethylene glycol 7000, 5 mg of polyethylene glycol 8000, 5 mg of polyethylene glycol 9000, 5 mg of polyethylene glycol 10000, 5 mg of polyethylene glycol 12000, 5 mg of polyethylene glycol 15000, 5 mg of polyethylene glycol 20000, 5 mg of polyethylene glycol 25000, 5 mg of polyethylene glycol 30000, 5 mg of polyethylene glycol 40000, 5 mg of polyethylene glycol 50000, 5 mg of polyethylene glycol 60000, 5 mg of polyethylene glycol 70000, 5 mg of polyethylene glycol 80000, 5 mg of polyethylene glycol 90000, 5 mg of polyethylene glycol 100000.	

Dulcolax (prep pill)

### FDA labels

Crystal Light Label

This Product 5 Calories. Leading Beverages 70 Calories.		
<b>Nutrition Facts</b>	<b>Amount/Serving</b>	<b>% DV*</b>
Serv Size 1/8 packet (2g) (makes 8 fl oz)	<b>Total Fat</b> 0g	<b>0%</b>
Servings 128	<b>Sodium</b> 35mg	<b>1%</b>
<b>Calories</b> 5	<b>Total Carb</b> 0g	<b>0%</b>
	<b>Sugars</b> 0g	
	<b>Protein</b> 0g	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		
Not a significant source of Calories from Fat, Saturated Fat, Trans Fat, Cholesterol, Dietary Fiber, Vitamin A, Vitamin C, Calcium, and Iron.		
<b>INGREDIENTS:</b> CITRIC ACID, POTASSIUM AND SODIUM CITRATE, ASPARTAME, MAGNESIUM OXIDE, CONTAINS LESS THAN 2% OF NATURAL FLAVOR, LEMON JUICE SOLIDS, ACESULFAME POTASSIUM, SOY LECITHIN, ARTIFICIAL COLOR, YELLOW 5, BHA (PRESERVES FRESHNESS).		
<b>CONTAINS:</b> SOY.		
<b>PHENYLKETONURICS:</b> CONTAINS PHENYLALANINE		
KRAFT FOODS GLOBAL, INC. NORTHFIELD, IL 60093-2753 USA 		

**Important: Most re-do exams could have been avoided by watching Video Prep Instructions & Frequently Asked Questions at:**

[www.DHCCenter.com](http://www.DHCCenter.com)

-or-

Scan QR code →



If you have watched the video and still have a question, please call us at  
**908-218-9222**



Adequate



Inadequate

PLEASE TAKE A PICTURE OF YOUR LAST BOWEL MOVEMENT AT HOME AND BRING IT IN WITH YOU  
OR

PLEASE EMAIL YOUR PICTURE TO:

**[cjasc@dhccenter.com](mailto:cjasc@dhccenter.com)**

Please include your name and telephone number.  
Thank you.

## COLONOSCOPY PREPARATION SHOPPING LIST

**\*\*\*\*PURCHASE 2 FLEET ENEMAS TO HAVE ON HAND FOR THE MORNING OF THE PROCEDURE IN THE EVENT THE PREP IS INSUFFICIENT\*\*\*\***

### DAY PRIOR TO PROCEDURE:

**1. Four Dulcolax Laxative Pills (Not Suppositories).**

**3:00pm- Take 2 tablets**

**9:00pm- Take 2 tablets**

**2. One 8.3 oz bottle of Miralax Powder (or store brand equivalent).**

**6:00pm Combine with 64 oz of clear liquid.**

**\*\* (The clear liquid can be Crystal Light Lemonade, Gatorade, Propel, etc. NO RED).**

### DAY OF PROCEDURE:

**\*\*\*\*(4 ½ HOURS PRIOR TO PROCEDURE)\*\*\*\***

**3. One 10oz bottle of Magnesium Citrate (any brand or flavor NO RED).**