Colonoscopy and Prep Instructions

Your procedure is scheduled on: ____________________________ Arrival time: ____________________________

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

☐ RWJUH—Somerset in Somerville
110 Rehill Ave.  
GI Center—3rd 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.

**Prep Instructions**

**Important:** Avoid Failed Prep or Need for Repeat Procedure  
Please watch detailed Video Instructions and FAQ at www.DHCCenter.com or Scan QR code

<table>
<thead>
<tr>
<th>The Week BEFORE Colonoscopy</th>
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<tr>
<td><strong>Between 5-9 am</strong> You may have a low-residue breakfast, if you desire, strictly limited to:</td>
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<td>• 2 eggs (boiled or fried) or 1 oz. cheese</td>
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<td>• ½ cup of milk</td>
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<tr>
<td>• 2 slices of white bread/toast</td>
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<td>• 1 tsp. of butter (if desired)</td>
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<tr>
<td><strong>9 am</strong> Begin and remain on a strict CLEAR LIQUID Diet (see table on next page)</td>
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<table>
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<tr>
<th>The Day BEFORE Colonoscopy</th>
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<tr>
<td><strong>Between 3-6 pm</strong> Begin drinking ClearLax solution—One 8oz glass every 20 mins. until entire 64oz is gone.</td>
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<td>• A straw may help. If you become nauseated or vomit, take a 30 min. break, then continue.</td>
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<td>• You may start any time btw 3-6pm, but the earlier you start, the better sleep you may get.</td>
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<th>The Day of Colonoscopy</th>
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<tr>
<td><strong>9 pm</strong> Take the last 2 prep pills (Dulcolax) by mouth with ClearLix</td>
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<tr>
<td>Continue drinking ClearLix. It is very important to remain hydrated.</td>
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4½ hours prior to your arrival time, Pour the entire 10oz bottle of Magnesium Citrate over ice and drink. Note: This may be in the middle of the night or very early morning.  
**TAKE NOTHING BY MOUTH WITHIN 4 HOURS OF YOUR ARRIVAL TIME.**  
You may take critical medications with ClearLix up until 4 hrs. before your arrival time.  
For afternoon arrival times, you may continue ClearLix until the time you take the MagCitrate.  
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.  
You must: not drive or be responsible for important decisions until the morning after your procedure.
Clear Liquid Diet List:

- Gatorade®, Powerade® (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®, Popsicles®, 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®, 7-Up®, 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 4 hrs. 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.

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**FDA labels**

**Dulcolax (prep pill)**

**Crystal Light Label**

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

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

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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
Please include your name and telephone number.
Thank you.

Page 3 of 3
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).

511 Courtyard Drive • Bldg. 500 • Hillshorouge, NJ 08844 • Tel. (908) 218-9222 • Fax (908) 218-9918
319 East Main St. • Somerville, NJ 08876 • Tel. (908) 203-0900 • Fax (908) 203-0990
31 Mountain Blvd. • Suite H • Warren, NJ 07059
www.DHCCENTER.com