

# COLONOSCOPY INSTRUCTIONS

PRINCETON GASTROENTEROLOGY ASSOCIATES  
TO SCHEDULE CALL #609-796-7816 FAX #609-924-7473

**\*\*Please be sure to review these instructions at least 1 week prior to your procedure\*\***

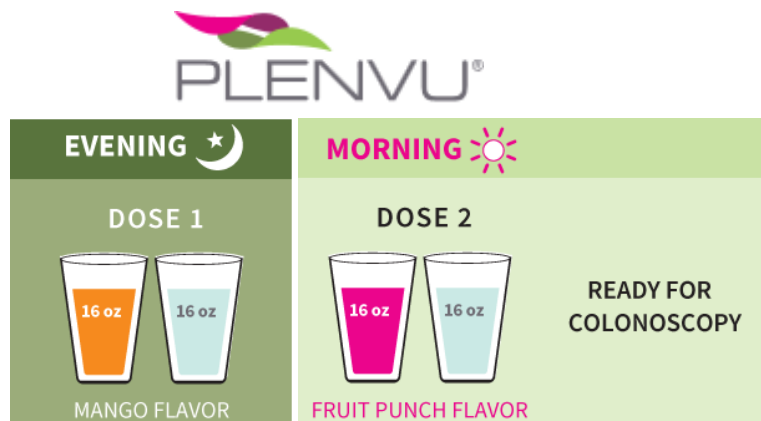
**Please purchase your prescription prep from the pharmacy: PLENVU**

## 7 DAYS BEFORE YOUR COLONOSCOPY:

- **Do NOT** take **anti-inflammatory medications** such as Advil, Aleve, Excedrin, Ibuprofen, Motrin, Nuprin, etc. unless otherwise directed by your physician. You **MAY** take Tylenol or acetaminophen if necessary.
- **Do NOT** take **fish oil supplements**
- **Do NOT** eat any **seeds, nuts, corn, quinoa, or whole grain breads with visible nuts/seeds.**
- **Continue** taking your **aspirin** daily.

## ON THE DAY BEFORE YOUR COLONOSCOPY :

- **Drink** only **CLEAR LIQUIDS** all day. **NO** solid food or dairy products.
- You can have any of the following **CLEAR LIQUIDS** as long as they are **NOT RED or PURPLE colored:**
  - Clear broth or bouillon (chicken, beef, or vegetable)
  - Clear juices **without** pulp : apple, white grape, lemonade, white cranberry
  - Clear sodas : 7-Up, Sprite, Ginger-ale, Seltzer, Mountain Dew
  - Gatorade, Powerade, Vitamin water, Pedialyte, Crystal Light, water or coconut water (without pieces of coconut in the coconut water), Jell-O, Iced popsicles, Italian ices
  - Iced tea, hot tea, iced coffee, hot coffee (**NO** milk or non-dairy creamer but any type of sweetener is ok)



## AT 5:00 pm the day BEFORE your colonoscopy take Dose 1

- Use the mixing container to mix the contents of Dose 1 pouch with 16 ounces of water by shaking or using a spoon until it's completely dissolved. This may take up to 2 to 3 minutes. Finish the dose within 30 minutes
- Refill the container with 16 ounces of water. Again, take your time and slowly finish all of it within 30 minutes.
- Continue additional clear liquids until your second dose

## 6 hours prior to your colonoscopy take Dose 2

- Use the mixing container to mix the contents of Dose 2 (Pouch A and Pouch B) with 16 ounces of water by shaking or using a spoon until it's completely dissolved. This may take up to 2 to 3 minutes. Finish the dose within 30 minutes
- Refill the container with 16 ounces of water. Again, finish your container within 30 minutes.
- Do not eat or drink at least 4 hours prior to your colonoscopy.

**ON THE DAY OF THE PROCEDURE:**

- You must bring your insurance card and photo ID.
- Bring a referral to the facility if your insurance requires one.
- **DO NOT DRIVE THE ENTIRE DAY!** Someone **MUST** drive you to and from your appointment as you will be receiving sedation which impairs your ability to drive an automobile. You may take a taxi **ONLY if you are accompanied by an escort over the age of 18.** The taxi driver is NOT an acceptable escort.
- **NO FOOD OR LIQUIDS including sips of water, gum, mints, cough drops within 4 hours of your scheduled arrival time.**
- Please brush your teeth the morning of the procedure, you can use toothpaste, just rinse & spit.
- Do not wear your contact lenses on the morning of the procedure.
- Please bring the completed forms to the facility (either the Princeton Endoscopy Center or Princeton Medical Center).

**MEDICATION INSTRUCTIONS FOR THE DAY OF YOUR PROCEDURE:**

\_\_\_\_\_ Please **take** your morning **PRESCRIBED** medications **with a small sip of water** as soon as you wake up, the **morning of the procedure** (except for medications you were specifically told to stop).

\_\_\_\_\_ Please **TAKE** your asthma medication(s) & please **BRING** your asthma medication to your procedure.

\_\_\_\_\_ Do **NOT** take your vitamins & supplements the morning of the procedure, but you may take them **after**.

**If you are a DIABETIC:**

\_\_\_\_\_ Do **NOT** take the following **ORAL** diabetic medications the **day before** and **morning** of the procedure:

\_\_\_\_\_ Please obtain specific instructions for the day before & the day of the procedure from your primary care doctor or endocrinologist for the following medications: \_\_\_\_\_

**If you take a BLOOD THINNER/ANTI-COAGULANT:**

\_\_\_\_\_ You should **NOT** take \_\_\_\_\_ for \_\_\_\_\_ days **BEFORE** the procedure.

\_\_\_\_\_ You should **continue** to take your **aspirin** unless otherwise instructed.

**YOUR PROCEDURE IS SCHEDULED AT:**

**Princeton Endoscopy Center**

Princeton Plaza, **Suite #104**, 731 Alexander Road

Princeton, NJ 08540

Tel # 609-452-1111

Parking & entrance are at the rear of the building.

**Princeton Medical Center**

Medical Arts Pavilion, 5 Plainsboro Road, 2<sup>nd</sup> floor

Plainsboro, NJ 08536

Tel # 609-853-7500

The procedure generally takes about **40 minutes** but you should **plan on being present for about 1 ½ to 2 hours.**

**Princeton Gastroenterology Contact Information:**

PHONE #609-796-7816 FAX #609-924-7473