

HACKENSACK DIGESTIVE DISEASE ASSOCIATES, P.A.

BOARD CERTIFIED IN GASTROENTEROLOGY & LIVER DISEASE *

PLEASE FOLLOW THESE INSTRUCTIONS CAREFULLY. They are extremely important to the success and accuracy of your examination, as well as for your safety. If you have any questions, please contact our office at 201-488-3003.

Your colonoscopy is scheduled at...

Hackensack Endoscopy Center
(Excelsior II Building)
170 Prospect Avenue
Suite 10
Hackensack, NJ 07601

Endoscopy Center of Bergen County
80 Eisenhower Drive
Paramus, NJ 07652

Hackensack Medical Center
Medical Plaza Building
20 Prospect Avenue
Suite 813
Hackensack, NJ 07601

Your appointment is scheduled for _____ at _____.

FOLLOW THE INSTRUCTIONS ON THE ENCLOSED SHEET ON HOW TO TAKE YOUR BOWEL PREPARATION EXACTLY AS DIRECTED.

Please do not consume any raw fruits or vegetables for 3 days prior to your exam.

The day before your colonoscopy, you cannot eat any solid food and you must follow a clear liquid diet. Clear liquids include Gatorade (not red), clear broth, apple juice, Jell-O (not red), black coffee (no milk or cream), tea, water, soda, popsicles and Italian ice (not red).

On the day of your colonoscopy, you can continue to consume clear liquids only until three hours before your exam. For the three hours before your exam, you should not eat or drink anything. You can take medications, such as blood pressure medication, on the day of your procedure. If you have diabetes, please contact our office for specific instructions.

Please do not take aspirin, Ecotrin or anti-inflammatory medication, such as Motrin (ibuprofen) or Aleve, for one week prior to your colonoscopy, unless otherwise instructed by your physician.

If you take **Coumadin** (warfarin), **Plavix** (clopidogrel), **Pradaxa**, **Xarelto**, **Eliquis** or **Effient**, please contact our office if you have not already received specific instructions regarding taking these medications and your planned colonoscopy.

You will be receiving sedation for your colonoscopy and **YOU CANNOT DRIVE YOURSELF HOME.** You must arrange for someone to drive you home after your colonoscopy.

You will need to purchase the following (no prescriptions are needed):

1. One 64-ounce bottle of Gatorade (any color except red).
2. Dulcolax or bisacodyl laxative tablets (not suppository or stool softener). You will need four tablets. Each tablet is 5 mg.
3. Miralax 238 grams (8.3 ounces) powder. (This is the 14-dose size.)

The bowel preparation is taken in the following fashion **starting the day before your colonoscopy**:

1. At 2 PM, take two Dulcolax tablets.
2. At 4 PM, take another two Dulcolax tablets.
3. At 4 PM, you should also mix the entire bottle of Miralax into the 64-ounce bottle of Gatorade. Cap the bottle and shake it to dissolve the powder. You can place the bottle in the refrigerator if you prefer to drink it cold.
4. At 7 PM, start to drink the Gatorade/Miralax solution. Drink one 8-ounce glass every 10-15 minutes until you have finished half of the bottle of Gatorade (32 ounces).
5. At 7 AM the morning of your colonoscopy, drink the remaining 32 ounces of the Gatorade/Miralax. Again drink one 8-ounce glass every 10-15 until you have finished the bottle.
6. You may continue to drink clear liquids only until three hours before your colonoscopy.