

# 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.

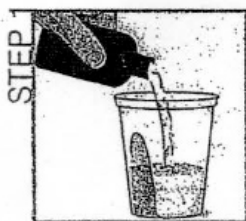
You will be receiving sedation for your colonoscopy and **YOU CANNOT DRIVE YOURSELF HOME.** You must arrange for someone to drive you home after your colonoscopy.

## THE DAY BEFORE YOUR EXAM

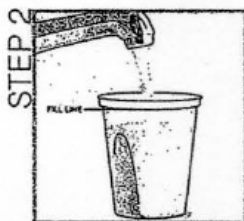
The day before your exam you will be on a clear liquid diet (NO SOLID FOOD)

At 7PM complete steps 1 through 4 using (1) 6-oz bottle. (See diagram)

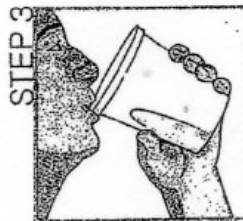
**Note: You must dilute the solution concentrate as directed prior to use.**



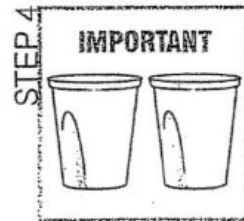
Pour **ONE** (1) 6-ounce bottle of SUPREP liquid into the mixing container.



Add cool drinking water to the 16-ounce line on the container and mix.



Drink **ALL** the liquid in the container.



You must drink two (2) more 16-ounce containers of water over the next 1 hour.

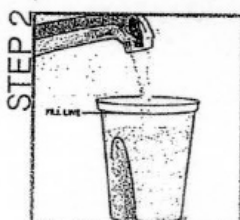
## THE DAY OF YOUR EXAM

At 7AM repeat steps 1 through 4 using the other 6-ounce bottle.

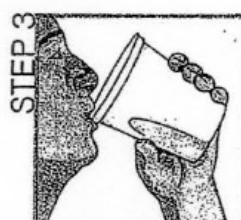
**Note: You must finish drinking the final glass of water at least four hours prior to your exam.**



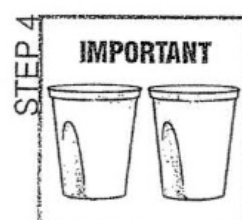
Pour **ONE** (1) 6-ounce bottle of SUPREP liquid into the mixing container.



Add cool drinking water to the 16-ounce line on the container and mix.



Drink **ALL** the liquid in the container.



You must drink two (2) more 16-ounce containers of water over the next 1 hour.

You may have clear liquids up until 3 hours before your test. Nothing after.