

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 you 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).

You cannot have anything to eat or drink after midnight the night before your colonoscopy. You can take medications, such as blood pressure medication, on the day of your procedure with a sip of water.

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**, **Elliquis** or **Effient**, please contact our office if you have not already received specific instructions regarding taking these medications and your planned colonoscopy.

If you take insulin or other diabetes medications, please contact our office or the doctor who prescribed these medications for specific instructions.

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 test you will stay on a clear liquid diet.

At 6 PM follow DOSE 1 instructions as below:

STEP 1

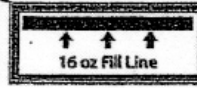


Pour the 6-ounce bottle of liquid oral solution into the 16-oz (ounce) mixing container.

STEP 2



Add cool water to the 16-oz Fill Line on the container and mix.

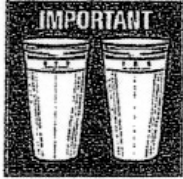


STEP 3



Drink all of the liquid in the container. It is best to finish drinking the liquid within 20 minutes.

STEP 4



You must drink one (1) more 16-oz container of water over the next 2 hours and at least one (1) more 16-oz container of water before you go to bed.

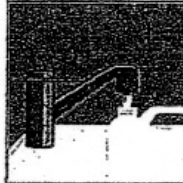
Two hours after you finish DOSE 1 follow DOSE 2 instructions as below:

STEP 1



Remove the cap from the 2-liter bottle. Tear open 1 flavor pack of your choice and pour contents into the 2-liter bottle. Throw away unused packs. Solution can be taken with or without flavor packs.

STEP 2



Add water to the Fill-Line on the 2-liter bottle.

STEP 3



Replace the cap on the bottle and shake to dissolve the powder. The solution may be refrigerated. The solution should be used within 48 hours after mixing.

STEP 4



Drink one (1) 16-oz container every 20 minutes. Be sure to drink all of the solution. This should take about 1½ hours.

Continue to drink clear liquids up until midnight. Nothing by mouth after midnight.