

Patient: _____ Doctor: _____

Date of procedure: _____ Time to report: _____ Time of procedure: _____

Location: Endoscopy Center, 1st Floor	Chilton Hospital Access Center	Wayne Surgical Center
1825 Rt 23 S Wayne, NJ	97 W Parkway Pompton Plains, NJ	1176 Hamburg Tpke Wayne, NJ
973-996-4009	973-831-5115	973-709-1900

Diabetes: Blood Thinner:(see below*): Pacemaker: Defibrillator: Latex allergy:

DIET: No iron supplement, seeds, nuts, quinoa, corn, popcorn, tomatoes, cucumbers or salad for three days before the procedure.

PREPARATION: Please obtain the following items from your pharmacy before the procedure:

- 1. *One SUTAB boxed kit.*

ON THE DAY BEFORE THE PROCEDURE:

Before 10 am., you may have a light breakfast. This can include cereal, breads, and milk products, but cannot include fresh fruits, vegetables, salad or meats.

After 10 a.m., only clear liquids can be consumed. Clear liquids are as follows:

- | | | |
|----------------------------|--|------------------------|
| Water | Clear juices (apple, white grape, not red) | Italian ices (not red) |
| Bouillon (beef or chicken) | Tea (regular, decaf, herbal) | Jell-O (not red) |
| 7-Up, ginger ale, seltzer | Black coffee | Gatorade (not red) |

At around 6 p.m.

1. Open one bottle of 12 tablets.
2. Fill the provided container with 16 ounces of water (up to the fill line). Swallow each tablet with a sip of water. Try to swallow all the tablets and drink the entire amount of water over 15-20 minutes. If you become uncomfortable-take the tablets and water slower.
3. Approximately 1 hour after the last tablet is swallowed, fill the provided container a second time with 16 ounces of water and drink the entire amount over 30 minutes.
4. Approximately 30 minutes after finishing the second container of water, fill the provided container with 16 ounces of water and drink the entire amount over 30 minutes. Clear liquids may be continued for the remainder of the evening.

ON THE DAY OF THE PROCEDURE: 5-8 hours before your colonoscopy exam:

Take the second bottle of 12 tablets by repeating steps 1 through 4 as directed above.

2. You MUST FINISH drinking all liquids and water at least 4 hours prior to your scheduled arrival time or your procedure will be delayed.

******DO NOT CONSUME ANYTHING ELSE BY MOUTH-NOT EVEN WATER******

3. Following the prep, you should expect to have clear yellow fluid passing into the toilet.
4. **Do not bring valuables such as jewelry with you. The Endoscopy Facility cannot be responsible for your belongings.**
5. **Please be sure to bring your method of payment.**
6. **After the procedure you must not drive, work or perform any activity that could result in injury.**
7. **You must have a friend or family member drive you home. No ride share services such as Uber/Lyft allowed. Pick up will be approximately 1 1/2 hours after you are dropped off.**

***BLOOD THINNER INFORMATION:**

If you take Coumadin, Pradaxa, Eliquis, Xarelto, Effient, Plavix, Ticlid or other *blood thinners/ anticoagulants* make sure you have discussed this with your physician.

1. If you take blood pressure pills, pills for your heart, seizure medications or Parkinson’s medications, take them as usual with small sips of water. 2. If you take aspirin, Advil, Motrin or any other *anti-inflammatory/arthritis pills* make sure you have discussed this with your physician. Tylenol is okay.