



NEW JERSEY DIGESTIVE DISEASE ASSOCIATES

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Last name	First name	Date	Time
Location	METUCHEN OFFICE	FLORHAM PARK OFFICE	Please follow the final instruction from office if there is adjustment of time
At initial clinic visit	<p>For patients who have following medical conditions, please discuss with your doctor at clinic visit prior to colonoscopy and follow doctor's instructions:</p> <p><input type="checkbox"/> High blood pressure: please continue blood pressure medications as your routine schedule with sip of water on colonoscopy day</p> <p><input type="checkbox"/> Diabetes: reduce 1/2 dose of diabetic medication one day before colonoscopy.</p> <p><input type="checkbox"/> Blood thinners: Stop blood thinning medications prior to colonoscopy: such as coumadin, plavix, xarelto. Please discuss with your doctor</p> <p><input type="checkbox"/> Oral iron supplement: stop iron supplement 4 days prior to colonoscopy</p> <p><input type="checkbox"/> Other conditions:</p>		
Days before colonoscopy	Get the bowel preparation medication from pharmacy: SUPREP		



One day before colonoscopy	<p>You may have breakfast. You can ONLY have CLEAR LIQUID afterwards till 2 hours before your colonoscopy.</p> <p>✓ Any of the following CLEAR LIQUID are OK</p> <table border="1"> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Water</td> <td>Juice without pulp</td> <td>Limeade or Lemonade</td> <td>Coffee or tea, No dairy or creamer</td> <td>Chicken broth</td> <td>Gelatin without added fruit or toppings</td> </tr> </table>											Water	Juice without pulp	Limeade or Lemonade	Coffee or tea, No dairy or creamer	Chicken broth	Gelatin without added fruit or toppings	<p>× Do Not drink</p> <ul style="list-style-type: none"> Milk Anything with red or purple color Beverages with alcohol
Water	Juice without pulp	Limeade or Lemonade	Coffee or tea, No dairy or creamer	Chicken broth	Gelatin without added fruit or toppings													

On the evening before colonoscopy	At 7pm	complete steps 1 -4 as following:			
		<p>STEP 1</p> <p>Pour one 6-ounce bottle of SUPREP liquid into the mixing container.</p>	<p>STEP 2</p> <p>Add cool drinking water to the 16-ounce line on the container and mix.</p>	<p>STEP 3</p> <p>Drink ALL the liquid in the container.</p>	<p>STEP 4</p> <p>IMPORTANT</p> <p>You must drink two more 16-ounce containers of water over the next 1 hour.</p>

On the morning of colonoscopy	At	Repeat steps 1 -4 to finish the second bottle of SUPREP
		Note: You must finish drinking the final glass of liquid at least <u>2 hours</u> before your colonoscopy. DO NOT operate a vehicle after colonoscopy. Please make sure to have someone to take you home when you are fully recovered.

ON THE PROCEDURE DAY

Thank you for choosing New Jersey Digestive Disease Associates for your upcoming procedure.

- Please inform us if you have fever, cough, shortness of breath, or recent hospitalization. Your procedure may be rescheduled or canceled based on your symptoms;
- Please wear comfortable clothing. Face mask preferred. Please leave your valuable personal belongings at home;
- Please arrive at scheduled time. If you need to reschedule or cancel your appointment, please call 732-662-5115;
- Please wait in the waiting room after check in. We will bring you in the procedure room when it is your turn; We will call your ride to pick you up when you are ready to be discharged;
- We will make a follow up appointment for you 2 weeks after procedure. Doctor will discuss the results and treatment plan with you in details during the follow up appointment.