

Monmouth Gastroenterology, LLC



A Division of Allied Digestive Health

1912 Hwy 35 South, Suite 201

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Doctors: Baig, Belitsis, Fiest, Gorcey, Merikhi and Uppal

PATIENT NAME: _____ Date: _____
Time: **THE FACILITY WILL CALL YOU WITH THE EXACT TIME
EITHER ONE OR TWO DAYS PRIOR TO YOUR PROCEDURE.**

FLEXIBLE SIGMOIDOSCOPY PREPARATION

FIVE DAYS BEFORE Your Scheduled Colonoscopy: If you have diabetes or take blood thinners (Coumadin, Plavix, Ticlid, Aspirin, etc.) and did not tell the doctor, *inform the doctor immediately.* Generally you should stop medications, or vitamins containing **Iron**, Vitamin E, Fish Oil, Garlic Tablets, Ginko Biloba, ginseng or Aspirin-like products (Advil, Motrin, Aleve, Nuprin, Alka-Seltzer, Naprosyn, etc.) for 5 days prior to the procedure. **However, you will be specifically instructed about withholding Aspirin, Plavix, Warfarin, Xarelto, Pradaxa, Eliquis and Coumadin according to your medical situation.** YOU MAY TAKE TYLENOL AS NEEDED FOR A HEADACHE OR PAIN.

IF YOU ARE A DIABETIC --PLEASE MAKE SCHEDULER AWARE – IN ORDER TO RECEIVE INSTRUCTIONS ON YOUR MEDICATION/ INSULIN

Two Days Before the Colonoscopy:

Do not eat any fruits (bananas and melon are permitted), nuts, vegetables, salads, seeds, berries or whole grains (**until after the procedure**). *This is essential in order to successfully clear your colon for the procedure.*

DAY BEFORE PROCEDURE:

1. Have a light dinner
2. Take (4) DULCOLAX tablets (purchased over the counter) with 8 oz of water at bedtime
3. **NOTHING TO EAT OR DRINK AFTER MIDNIGHT, until after your procedure**

DAY OF PROCEDURE:

1. (2) FLEET ENEMAS---2 hours before coming for your appointment
2. NOTHING TO EAT OR DRINK UNTIL AFTER YOUR PROCEDURE.

Day of Procedure: TAKE YOUR HEART MEDICATIONS OR BLOOD PRESSURE MEDICATIONS

Please report to the following location:

- Advanced Endoscopy and Surgical Center:** 142 Rte. 35, Eatontown, NJ---732-935-0031
- Monmouth Medical Center:** 300 Second Avenue, Long Branch,NJ- **Arrival time:** _____ **outpatient registration**
- Jersey Shore University Medical Center:** 1945 Rte. 33, Neptune,NJ-**Arrival time:** _____ **outpatient registration**

****YOU MUST HAVE A RESPONSIBLE ADULT ACCOMPANY YOU HOME.
Driving yourself, taking a bus or walking is NOT PERMITTED****

Updated 6/2016