

Monmouth Gastroenterology, LLC



A Division of Allied Digestive Health

1912 Hwy 35 South, Suite 201

Oakhurst, NJ 07755

732-389-5004 fax 732-389-1850

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.**

NULYTELY/TRILYTE/COLYTE – PREPARATION FOR COLONOSCOPY—AM OR PM

Please follow the below instructions—not the instructions printed on the package

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.**

ONE DAY BEFORE THE COLONOSCOPY:

1. Mix PREP with water early in the day. Shake the container well and put it in the refrigerator.
2. Have a light breakfast and lunch – but finish eating by 12 noon. **DO NOT EAT DINNER!**
3. From noon until 6:00 pm you may have **CLEAR LIQUIDS ONLY-You may have plain pasta.** Clear liquids include: tea, soft drinks, broth, juice (apple/ white grape), jello (avoid cherry /orange), **AVOID MILK AND SOUPS.**
DO NOT HAVE ANYTHING RED OR ORANGE IN COLOR (Colors effect what the colonoscopy sees.)
4. If **ONLY** stated **by doctor** –take 2 dulcolax tablets with 8ozs of water –check yes _____
5. YOU MAY CONTINUE CLEAR LIQUIDS UNTIL MIDNIGHT.

DIRECTIONS FOR COLONOSCOPY – SPLIT PREP –BEFORE 1:00 P.M.

- A. -At **6:00 PM** the night before the procedure, start to drink the liquid PREP. Drink 1/3 cup every five minutes until you finish drinking 2 liters. Place the other 2 liters into the fridge until you are ready to drink the next batch.
- B. Start to drink the other 2 liters drink at _____ (**6 HOURS PRIOR TO YOUR PROCEDURE TIME**). Drink 1/3 cup every five minutes until you finish drinking the last 2 liters. You must finish drinking this prep 4 hours prior to your test.

If your bowel movements are not clear (clear means yellow-greenish waterish movement with no solid stool or pieces) after you have finished the gallon, then take two (2) Dulcolax tablets with 8 oz of clear liquid. You may have small amounts of clear liquids until midnight.

DIRECTIONS FOR COLONOSCOPY- SAME DAY PREP-AFTER 1:00 P.M.

1. Day of the procedure – **DO NOT EAT OR DRINK ANYTHING OTHER THAN YOUR PREP AND MEDICATIONS APPROVED BY YOUR DOCTOR.**
2. -At _____ (**6 HOURS PRIOR TO YOUR PROCEDURE TIME**) start to drink the liquid PREP – drink 1/3 cup every five minutes. -If you have completed most of the gallon PREP and have not had a bowel movement, you may use a fleet enema to induce a bowel movement.

Day of Procedure: YOU NEED TO FINISH DRINKING YOUR LIQUID PREP 4 HOURS PRIOR TO YOUR 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