

Dr. Anubha Sinha, M.D., P.A.
Hunterdon Digestive Health Specialists
267 US-202, Flemington, NJ 08822, Phone: 908.788.8200

FOR COLONOSCOPIES SCHEDULED @ SOMERSET AMBULATORY SURGICAL CENTER
1 Highway 206 North, Somerville, NJ 08876, PHONE NUMBER: 908.393.8360
Pre-register ONLINE ONLY at <https://www.sasctr.com>, then click on “Medical Passport”

Flex. Sig. Bowel Prep with 6-oz. Mag. Citrate, 1 Enema & Dulcolax

REMINDERS

****Purchase ONLY WHAT IS HIGHLIGHTED AND REVIEW THESE INSTRUCTIONS at least ONE week prior to your scheduled procedure to avoid any last-minute confusion. Fill your prescription as soon as possible. Write down your questions. We will call you one week prior to your appointment to discuss any questions or concerns you might have.***

NOT EVERYONE WILL REQUIRE ALL OF THESE MEDICATIONS.

1. TWO (2) Dulcolax tablets. These can be found over-the-counter (OTC), unless included on your prescription.
2. ONE, 6-ounce bottle of Magnesium Citrate OTC
3. ONE ENEMA (saline, hypertonic phosphate, Fleets, soap suds, any)
4. ONE, 238-gram bottle of MiraLAX. Use 17 grams (or one scoop) in 8 ounces of water for _____ days prior to your procedure. Stop using it 2 days prior to your procedure.

****NO NUTS, SEEDS, CORN, AND WHOLE GRAINS for ONE WEEK PRIOR TO YOUR PROCEDURE.***

Bowel Prep Instructions:

A. DAY BEFORE PROCEDURE

1. **YOU MAY HAVE BREAKFAST**
2. **GO ON A CLEAR LIQUID DIET FOR LUNCH AND DINNER** (e.g., Jell-O, clear broth, popsicles, strained juices including apple and white grape, **nothing RED, BLUE OR PURPLE**)
3. Avoid solids, milk and all milk products including soy milk, almond milk, oat milk, etc., and red, blue and purple liquids.
4. **At 4PM, DRINK 3 ounces of Magnesium Citrate** (this is a laxative)
5. **At 8PM, DRINK 3 ounces of Magnesium Citrate AND take 2 Dulcolax tablets**

B. MIDNIGHT Before your Procedure

****Have nothing to eat or drink until after the procedure. This includes water! (The only exceptions are the 2nd dose of your bowel prep to be taken the morning of your procedure and completed 6 hours prior to your procedure, and any medications, like blood pressure medications, that you've been told to take with tiny sips of water as instructed by your prescribing physician.)***

C. MORNING OF YOUR PROCEDURE

- **3 hours before your procedure USE THE ENEMA** according to the instructions on the box. Retain it as long as possible.

******STOP DRINKING ALL FLUIDS 6 HOURS PRIOR TO SCHEDULED APPOINTMENT!***

Important Considerations

- If you are taking any NSAIDs, Aleve, Ibuprofen, Motrin, Naproxen, Celebrex, iron supplements, fish oil, or Vitamin E, stop taking them 7 days prior to your procedure. You may take Tylenol. If you are taking Coumadin, Aspirin, Plavix, Ticlid, Eliquis, Pradaxa, Xarelto, or Brilinta, please ask your prescribing doctor for instructions regarding stopping these medications.
 - If you are diabetic and taking insulin, to avoid dangerously low blood sugars, please inform your prescribing physician about your upcoming procedure, and discuss any necessary insulin dosage adjustments with them.
 - If you are taking oral diabetic medications, follow our instructions or your prescriber's instructions.
 - If you are unsure about taking any medications, please call our office.
 - Do not stop blood pressure or heart medications unless told by us or the prescriber.
 - If you have asthma and use inhalers, please inform your prescriber of your upcoming procedure. You may need to maximize inhaler use prior to your procedure to minimize potential complications with anesthesia.
 - If you are a smoker, do NOT smoke for at least 6 hours prior to your procedure. **NO MARIJUANA** the day of your procedure!
- ***NOTE: Failure to take the bowel prep as indicated may result in a poorly cleansed colon. Please leave all jewelry including belly button rings and tongue rings at home.***

