

Patient: _____ Doctor: _____

Date of procedure: _____ Time to report: _____

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 One **SUTAB** boxed kit from your pharmacy at least several days before the procedure:**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, grape)	Italian ices	Bouillon	Tea
Jell-O	7-Up, ginger ale, seltzer	Black coffee	Gatorade	

At around 4 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: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.**6 hours before your colonoscopy exam:**

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

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. Do not smoke marijuana or vape within 24 hours of the procedure. No gum chewing the morning of the procedure.

- Do not bring valuables such as jewelry with you. The Endoscopy Facility cannot be responsible for your belongings.
- After the procedure you must not drive, work or perform any activity that could result in injury.
- You must have a friend or family member drive you home. They should be available approximately 1½ hours after you are dropped off. No ride share services such as Uber/ Lyft allowed.

*** SPECIFIC MEDICATIONS:**- **Blood thinners:** If you take **Coumadin, Pradaxa, Eliquis, Xarelto, Effient, Plavix, Ticlid** or other *blood thinners/ anticoagulants* make sure you have discussed this with your physician.- **GLP-1 agonists** such as **Ozempic, Wegovy, Trulicity and Mounjaro**. Make sure you have specifically discussed these medications with your physician or your procedure may be cancelled.