

**Patient Name:**  
**Procedure Date:**  
**Arrival Time:**  
**Procedure Time:**

## ABOUT YOUR COLONOSCOPY

A colonoscopy is an endoscopic procedure used to examine the large intestine. Your doctor may recommend this procedure for:

- Screening for colon cancer
- Blood in your stool
- Removal of a polyp
- Changes in your bowel habits
- Unexplained anemia
- Assessment of diarrhea

### LOCATION

- |  |   |
|--|---|
| <input type="checkbox"/> <b>Robert Wood Johnson University Hospital</b><br>1 Robert Wood Johnson Place<br>New Brunswick, NJ 08901<br>Endoscopy Suite on the 2nd floor above Walgreens.<br>RWJ Endoscopy - 732-828-3000, press 1, Ext 32604 | <input type="checkbox"/> <b>Ambulatory Surgical Pavilion at Robert Wood Johnson</b><br>10 Plum Street, 4 <sup>th</sup> Floor<br>New Brunswick, NJ 08901<br>ASP Main Phone Number 732-253-3200, Ext 33201<br>ASP PAT Department 732-418-8204, press option 2 |
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### PREPARING FOR YOUR COLONOSCOPY

- Your doctor will prescribe a colonoscopy prep during your office appointment or telehealth visit. Please pick up the prep 1-2 weeks ahead of your procedure.
- ***Please refer to the MEDICATION ALERT page at least 1 week prior to your procedure.***
- A colonoscopy prep can cause dehydration. Prepare your body by drinking extra clear liquids *before* and *during* your prep. Finally, replenish your system by drinking clear liquids *after* returning home.

### DAY OF PROCEDURE

- You should plan to arrive 1½ hours before your scheduled colonoscopy time. You will receive a confirmation phone call up to one week before, and again the day before your procedure. The time may change.
- You will need to bring someone with you to take you home. You cannot drive or take public transportation alone for 24 hours after the procedure.
- Please bring your medication list
- Do not bring any valuables or wear any jewelry the day of your procedure.

### FINDING PARKING

- **For RWJ:** Park in the parking lot located on Albany Street (by emergency room) and take the elevator to the 2nd floor.
- **For ASP:** Park in the parking lot located on Plum Street and take the elevator to the 4th floor.
- Bring your parking ticket with you. Upon arrival stop at the information desk to check in and have your parking validated.

**If you need to cancel or reschedule, please call our schedulers at 732-235-5973 at least 2 WEEKS prior to your appointment.**

## GOLYTELY COLONOSCOPY PREPARATION

### 1 WEEK BEFORE YOUR COLONOSCOPY

- Stop all herbal and vitamin supplements
- Stop all fiber supplements, or anti diarrhea medications
- Avoid salads, raw vegetables, fruits or nuts
- Please refer to the **MEDICATION ALERT** on the last page
- **Pick up prep:** Golytely bottle

### 1 DAY BEFORE YOUR COLONOSCOPY

- Drink **clear liquids only** for breakfast, lunch, and dinner.
- Examples of clear liquids include: **water** (plain, carbonated, or flavored), **fruit juices** without pulp or **flavored beverages, jello, tea or coffee** without milk, clear **fat-free broth**, and plain **ice pops**.
- Drink at least 8 ounces of clear liquid every hour while awake.
- Do not add any sugar or additive to the Golytely container

**Prepare your Golytely:** Fill the container with warm water to the top, close the cap and shake gently to dissolve. The solution will taste better if chilled in the refrigerator for several hours.

### << START THE PREP >>

#### **IF YOUR PROCEDURE IS BEFORE 12 NOON:**

- **At 4 pm the day before** the procedure start to drink the first half (2L) of the solution. Drink 1 glass every 15 minutes until the first half of the solution is finished. Refrigerate the solution and take breaks if full or nauseous.
- **At 9 pm the day before** start drinking the second half (remaining 2L) of mixture. Drink 1 glass of the mixture every 15 minutes until the second half of the solution is finished.

#### **IF YOUR PROCEDURE IS AFTER 12 NOON**

- **At 4 pm the day before** the procedure start to drink the first half (2L) of the solution. Drink 1 glass every 15 minutes until the first half of the solution is finished. Refrigerate the solution and take breaks if full or nauseous.
- **At 6am the next morning** (day of procedure) start drinking the second half (remaining 2L) of mixture. Drink 1 glass (about 8 ounces) of the mixture every 15 minutes until the second half of the solution is finished.

### **FINISH DRINKING THE PREPARATION 4 HOURS BEFORE YOUR ARRIVAL**

**Please complete the entire preparation even if you are passing clear liquid**

## MEDICATION ALERTS AND RECOMMENDATIONS

**Please note that certain medications require special attention:**

- If you are taking any **blood thinning medications**, please contact your doctor for instructions.
  - Rivaroxaban (Xarelto), Dabigatran (Pradaxa), Apixaban (Eliquis), Heparin, Warfarin (Coumadin), Clopidogrel (Plavix), Enoxaparin (Lovenox), Ticagrelor (Brilinta), Aspirin 325mg
- Low dose aspirin (81 mg) can be continued safely.
- Continue all **routine blood pressure or cardiac medications** with a sip of water, as you normally do even on the day of the procedure.
- **Insulin doses should be reduced by 50% the day before and the day of your colonoscopy.**
- All **steroids or medications for seizures** should be taken the morning of the procedure or at least 2 hours before with a small sip of water.
- Tell your doctor if you have allergies.

## NEW DIABETES AND WEIGHT LOSS MEDICATIONS THAT NEED TO BE STOPPED

### STOP 4 DAYS BEFORE

- Farxiga (Dapagliflozin)
- Glyxambi (Empagliflozin/Linagliptin)
- Invokamet (Canagliflozin/Metformin)
- Invokamet XR (Canagliflozin)
- Invokana (Canagliflozin)
- Jardiance (Empagliflozin)
- Qtern (Dapagliflozin/Saxagliptin)
- Segluromet (Ertugliflozin/Metformin)
- Steglujan (Ertugliflozin/Sitagliptin)
- Steglaro (Ertugliflozin)
- Synjardy (Empagliflozin/Metformin)
- Trijardy XR (Empagliflozin/Linagliptin)
- Xigduo XR (Dapagliflozin/Metformin)

### STOP 1 WEEK BEFORE

- Bydureon Bcise (Exenatide Extended Release)
- Mounjaro (Trizepatide)
- Ozempic/Wegovy (Semaglutide)
- Trulicity (Dulaglutide)
- Adlyxin (Lixisenatide)
- Byetta (Exenatide)
- Rybelsus (Semaglutide)
- Saxenda/Victoza (Liraglutide)
- Symlin (Pramlintide)

## IMPORTANT PHONE NUMBERS

Rutgers GI Clinic: 732-235-7784  
GI Clinic Schedulers: 732-235-5973 or 732-235-8970  
RWJ Endoscopy - 732-828-3000, press 1, Ext 32604  
ASP Main Phone Number 732-253-3200, Ext 33201  
ASP PAT Department 732-418-8204, press option 2  
For after hour **emergencies** call 732-235-7784