

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

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| ☐ Robert Wood Johnson University Hospital
1 Robert Wood Johnson Place
New Brunswick, NJ 08901
Endoscopy Suite on the 2nd floor above Walgreens.
RWJ Endoscopy - 732-828-3000, press 1, Ext 32604 | ☐ Ambulatory Surgical Pavilion at Robert Wood Johnson
10 Plum Street, 4 th Floor
New Brunswick, NJ 08901
ASP Main Phone Number 732-253-3200, Ext 33201
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.

TWO DAY MIRALAX 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:** Four Dulcolax (Bisacodyl) 5mg tablets and 2 Miralax (polyethylene glycol 3350) bottles (Over the counter or prescription)

2 DAYS 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.
- Prepare first dose of Miralax:** Mix and stir the half bottle of Miralax 119 grams of powder with the 32 ounces of clear liquid. The drink will taste better if it is chilled. When not in use, the mixture must be kept refrigerated.
- **At 6pm**, 2 days before your procedure, drink half (32 ounces) of the solution. Drink 1 glass (about 8 ounces) of the Miralax mixture every 15 minutes until solution is finished.

1 DAY BEFORE YOUR COLONOSCOPY

- **DO NOT** eat any solid food. Drink **clear liquids only** for breakfast, lunch, and dinner as above

Prepare your second dose of Miralax: Mix and stir the entire bottle of Miralax (polyethylene glycol 3350) 238 grams of powder with the 64 ounces of clear liquid (Gatorade, unsweetened iced tea, or water). **The drink will taste better if it is chilled.** When not in use, the mixture must be kept refrigerated.

- **At 4pm the day before the procedure** start to drink the first half (32 ounces) of the solution. Drink 1 glass (about 8 ounces) of the Miralax mixture every 15 minutes until the first half of the solution is finished. Take breaks if full or nauseous.
- **One hour after** you complete the first half of the Miralax mixture, take the 4 Dulcolax tablets with a glass of water.

IF YOUR PROCEDURE IS BEFORE 12 NOON:

- **At 10pm the day before your procedure** Start drinking the second half (remaining 32 ounces) of Miralax mixture. Drink 1 glass (about 8 ounces) of the Miralax mixture every 15 minutes

IF YOUR PROCEDURE IS AFTER 12 NOON

- **At 6AM morning of your procedure** Start drinking the second half (remaining 32 ounces) of Miralax mixture. Drink 1 glass (about 8 ounces) of the Miralax mixture every 15 minutes

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