

Below are the guidelines regarding dietary restrictions and the commonly used bowel preparations we recommend at DDC of NJ. These are general guidelines to help with questions you might have after office hours. Each physician may have specific recommendations and requirements that they prefer. We suggest if you have any questions to please speak directly to the staff or your health care provider.

As a general practice, we typically recommend a “Split Dose” bowel preparation. It has been shown that this is the most efficient method to cleanse the colon. Typically, the first dose of the solution is orally ingested upon coming home from work the day before your procedure is scheduled (typically 6-7pm) and the second dose is taken 5-6 hours prior to your scheduled procedure THE morning of the procedure. You are not allowed to have anything to drink for a minimum of 3 hours prior to your procedure. We encourage you to discuss the results of the bowel preparation with the nurses at the endosurgical center to help us ensure that you had a good response.

It is very important to follow the instructions provided by your physician, to have the best possible preparation for your colonoscopy.

Please avoid salads, raw vegetables, corn, and seeded fruit (i.e. Kiwi, Strawberries), nuts grains and beans 5 days prior to the procedure as these foods do not clear quickly from the body.

The discontinuation of anticoagulant and antiplatelet medications such as **ASPIRIN, PLAVIX, COUMADIN, XARELTO** should only be done after having a discussion with the prescribing physician (i.e. cardiologist, neurologist) and your gastroenterologist. We typically recommend holding all iron supplements and nonsteroidal medications (i.e. Advil, Mortin, Aleve) for 1 week prior to the test.

You should take all of your medications the morning of your test, at least 2 hours prior to your appointment, with only a small amount of water. Do not stop any heart, blood pressure, thyroid, seizure, or diabetic medications unless otherwise instructed by your physician. Please discuss all medications with your doctor or nurse.

Because of the sedation being used, you MUST have someone drive you home after the procedure. You will not be allowed to go home in a cab as this may prove to be unsafe. THERE ARE NO EXCEPTIONS.

The facility at which you are scheduled, will call you to confirm your appointment the day before your procedure. Please follow their instruction and times for your arrival, as they are aware of any last minute changes to the schedule that may affect your procedure. **Arriving later than the advised time may delay or postpone your case.**

Please do not wear cologne, perfume, aftershave, or body lotion. Wearing such items will inhibit the effectiveness of the monitors. You can shower, brush your teeth, and apply deodorant. Please do not wear any jewelry. Upon discharge, please make sure to check your discharge papers for follow-up appointments, medications to take, etc.

If you are unable to keep your appointment, please notify Digestive Disease Center and the Surgical Center no later than 48 hours in advance. Failure to do so will result in a \$100 cancellation fee.