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Hunterdon Medical Center
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Endoscopy 2nd Floor :908-788-6439
Pre registration (1 wk prior):908-788-6167

Somerset Ambulatory Surgical

1 Highway 206 North, Somerville, NJ 08876
Administration (Larry Pecora):908-393-8360
Pre Registration Online: www.sasctr.com/Pre-Op
Pre Registration by phone: 908-393-8360

GAVILYTE/NULYTELY **HMC/ASC**

Reminders:

Purchase the following at least one (1) week prior to procedure and review bowel prep instructions to avoid last minute confusions.

Two (2) Dulcolax tablets OTC
6oz Magnesium Citrate OTC

Miralax 270 gm, use 17 gm in 8oz of water daily for ____ days prior to the procedure and stop 2 days before procedure.
NO NUTS, SEEDS, CORN, AND WHOLE GRAINS 1 WEEK PRIOR TO PROCEDURE.

Two Day Bowel Prep instructions:

24 hours before procedure (eg. If appt is at 9am on Monday, start at 9am on Sunday)

Go on Clear Liquid Diet (eg: jello, clear broth, popsicles, tea, strained juices including apple and white grape.)

2. Avoid -Solids, milk or milk products including soy, and **red, blue, or purple liquids.**

B. Morning of the day BEFORE procedure

Empty flavor packet into 4 liter bottle and add a small amount of lukewarm water, enough to dissolve the granules. Mix well.
Add cool water to the fill line and shake until granules are dissolved, then refrigerate.

C. Evening of the day BEFORE procedure (First dose at 6pm)

Drink HALF of the container of solution (2 liters). Finish by 8pm.

At 8pm take 2 over the counter Dulcolax tablets as instructed.

D. Midnight Before the Procedure

Have nothing to eat or drink until after the procedure. This includes water, (only exception is the 2nd dose of your bowel prep the morning of the procedure and any medications with small sips of water as instructed)

E. Morning of the Procedure(8 hours before the procedure)- eg. if procedure is scheduled at 2pm, take the second dose at 6am.

Take the second dose of the prep (the remaining 2 liters). Finish taking the prep within 2 hours if tolerated.

One Day Bowel Prep instructions: Single Dose

Following instructions from A and B from above.

Drink Half of the gallon of solution slowly over 4 hours starting at 6pm and is to be completed by 10pm.

Take 2 Dulcolax tablets at 10pm.

Have nothing to eat or drink after midnight until after the procedure. This includes water.

One Day Split Prep instructions:

Following instructions from A and B from above.

Drink half of the gallon of solution slowly over 2 hours starting at **1pm** and is to be completed by 3pm.

Drink the remaining 1/2 gallon of the prep slowly at **8pm** and is to be completed within 2 hours (by 10pm)if tolerated. You may have clear liquid diet inbetween the two preps.

Take 2 Dulcolax tablets at **10pm**.

Have nothing to eat or drink after midnight until after the procedure. This includes water.

****Stop drinking all fluids 6 hours prior to scheduled procedure****

Important Considerations

If you're taking Aleve, Ibuprofen, Motrin, iron supplements, fish oil, Celebrex, Naprosyn or Vitamin E, stop taking them 7 days prior to procedure.

You may use Tylenol. If you're taking Coumadin, Aspirin, Ticlid, plavix, Eliquis, Proxaxa, Xarelto, or Brilinta, Please ask your prescribing doctor for instructions regarding stopping these medications. If your diabetic (to avoid dangerously low blood sugars) and taking insulin, please inform your physician/prescriber regarding proper adjustment of insulin.

If your taking oral diabetic medications, follow our instructions or the prescriber's instructions

If your 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 your a smoker, it is advised not to smoke at least 6 hours prior to the procedure.

***NOTE: Failure to take the Bowel Preparation as indicated may result in a poorly cleansed colon. Please leave all jewelry including belly button rings and tongue rings at home.**