

Dr. Anubha Sinha, M.D., P.A.  
Hunterdon Digestive Health Specialists  
267 US-202, Flemington, NJ 08822  
Phone: 908.788.8200

***Hunterdon Medical Center Main Hospital***

2<sup>nd</sup> Floor Endoscopy Suite  
2100 Wescott Drive, Flemington, NJ 08822  
908.788.6439

Pre-registration (1 week prior): 908.788.6167

***Somerset Ambulatory Surgical Center***

1 Highway 206 North, Somerville, NJ 08876  
908.393.8360

Pre-registration (ONLINE): [www.sasctr.com/Pre-Op](http://www.sasctr.com/Pre-Op)

Pre-registration (by phone): 908.393.8360

## Preparing for your Colonoscopy

### Reminders:

Purchase the following highlighted medications at least 1 week prior to your procedure and review the bowel prep instructions to avoid any last minute confusion:

1. TWO (2) Dulcolax tablets. These can be found over-the-counter (OTC).
2. 6 ounces Magnesium Citrate OTC
3. MiraLax. It comes in a 256 gram bottle. Use 17 grams (or one scoop) in 8 ounces of water for \_\_\_\_\_ days prior to your procedure and stop using it 2 days prior to your procedure.

In advance of your procedure please consider the following:

### Transportation

- You will need to arrange for someone to drive you TO and FROM your procedure.
- You will NOT be permitted to use a taxi, UBER, bus service, or other form of public transportation. Your driver must be a family member or trusted friend. If you are unable to arrange an acceptable driver, you will be asked to reschedule your procedure.
- You will NOT be permitted to drive for the remainder of the day after your procedure because of the sedation administered to you. This is a law in the state of NJ. It is not safe for you to drive or to make any important or legal decisions while under the affects of the anesthesia administered to you. Please plan accordingly.
- Your driver should be prepared to stay with you after your procedure to talk with Dr. Sinha and your nurses. Due to the anesthesia administered to you, you may not remember important information. *You will have an office visit scheduled for after your procedure. KEEP THIS APPOINTMENT to discuss what was found during your procedure and to go over any biopsy or pathology results.*

**Jewelry:** we highly recommend that you leave all of your jewelry, including wedding rings, at home.

**Pregnancy Testing:** Female patients of childbearing age will be asked to provide a urine sample to test for pregnancy. If there is any concern that you might be pregnant, please notify our office immediately and your testing may be deferred.

**Blood thinners:** *If you are taking any blood thinning medications such as Warfarin, Coumadin, Plavix, Xarelto, or Eliquis we will need instructions from your prescribing physician as to how to manage your medication before and after your procedure. Do not discontinue any medications without discussing this with your prescribing physician.*

**If you are Diabetic and taking insulin** (to avoid dangerously low blood sugars) please inform Dr. Sinha and all of our medical team. You will need instructions from your prescribing physician regarding proper insulin adjustments before, during, and after your procedure.

**If you are Diabetic and taking oral medications**, please contact your primary care provider or managing physician for any special instructions regarding your diabetic medications and dietary needs before, during, and after your procedure.

*Do NOT stop any Blood Pressure or Heart medications unless told otherwise by your prescribing physician. Doing so could result in dangerously high blood pressure readings. If you are a smoker, it is advised NOT to smoke at least 6 hours prior to your procedure to avoid breathing and other complications associated with smoking.*

Please gather the following information and bring it with you to the Ambulatory Surgical Center or to Hunterdon Medical Center, wherever you are having your procedure performed:

- A current list of your medications and dosages.
- If you have sleep apnea and use a CPAP machine, please bring the machine, mask and tubing with you.
- If you have a current living will and/or a durable power of attorney for your health care, please bring a copy of it with you to your procedure.

### SEVEN Days Prior to Your Procedure

\*\*Do not take any iron pills or multi-vitamins that containing iron. Iron can cause constipation and prevent you have having a good bowel prep.

\*\*Do not take any anti-inflammatory pain relievers including Aleve, Ibuprofen, Motrin, Celebrex, and Naproxen. These medications can increase your risk of bleeding during and after the procedure especially if any biopsies are taken. You may take Tylenol.

\*\*Do not take any fish oil, flaxseed oil, or Vitamin E. These medications can increase your risk for bleeding.

\*\*Do not take any fiber supplements. Fiber can slow digestion in some individuals and result in a poor bowel prep.

\*\*Do not consume any nuts, seeds, corn, or whole grains for 1 week prior to your procedure.

These foods can take longer to pass through your digestive tract and can result in a poor bowel prep. This includes:

1. All nuts, seeds, corn, and popcorn
2. Corn, beans, peas, chickpeas, raw salad, celery, tomatoes, cucumbers
3. All other vegetables must be cooked (carrots, broccoli, cauliflower, sweet potatoes and regular potatoes without skins)
4. Wheat germ, granola, cereal with visible grains (for example Grape Nuts) and/or fruit
5. Bread with seeds or visible grains
6. You may eat fruit, but skin and seeds must be removed before eating.

### The Entire Day Before Your Colonoscopy

1. You will need to be on a clear liquid diet for 24 hours prior to your procedure. If your procedure is scheduled for Monday at 9AM, when you wake up Sunday morning you will begin a clear liquid diet.
2. Do not consume any solid foods whatsoever.
3. Do not consume anything that is red, blue or purple as this may look like blood in your colon.
4. Do not consume any dairy including almond milk, soy milk, and coconut milk as this may make your colon appear cloudy.
5. Drink a clear liquid diet the entire day. Anything you can see through and has no pulp is OK to drink. This includes:
  1. Broth/bouillon,
  2. Black coffee (sugar is ok, cream is NOT),
  3. Tea,
  4. Carbonated beverages (soda, pop, seltzer),
  5. Clear fruit juices (no pulp),
  6. Jello,

7. Gatorade, Powerade, and
8. Popsicles.
9. Hard candy is allowed.

## About the Bowel Prep:

Keep in mind...

The prep is designed to clean out your colon. We need your colon to be cleaned out so that Dr. Sinha can visualize the lining of your colon. If there is feces, debris or sludge left in your colon this can obscure and cover up colon polyps and other abnormalities in the lining of your large intestine resulting in missed lesions.

The bowel prep is designed to clear out your colon. It will usually cause you to have bowel movements within a few hours. You will know that your bowels are clean when your stools become watery and you can see through them. They may be tinted depending on the color of liquids you have been drinking. Finish your entire prep. If you have any problems whatsoever before, during or after taking your prep call our office immediately or go to your nearest emergency room.

## Bowel Prep Instructions

On the morning of the day before your procedure, mix and refrigerate your Gavilyte bowel prep according to the directions on the container.

1. Empty the flavor packet into the 4-liter bottle provided.
2. Add a small amount of lukewarm water to dissolve the granules, and mix well.
3. Then, add cool water to the fill line and shake until the granules are dissolved.
4. Refrigerate the solution until you're ready to start drinking it.

## **IF YOUR PROCEDURE IS SCHEDULED FOR BEFORE NOON:**

At 1PM the day before your procedure:

Begin drinking HALF of your Gavilyte solution (or 2 liters)

- Drink one, 8-ounce glass of solution every 15 minutes over the course of the next 2 hours. Finish by 3PM.
- Slow down or stop for 30 minutes if you begin to have nausea or abdominal discomfort.
- Liquid stools will usually start within a few hours.
- Continue drinking clear liquids even after you've finished the prep, as tolerated. Extra fluids will continue to clean out your colon and keep you hydrated.
- Your prep is adequate if you're passing clear, yellow fluid without sediment.
- If you develop persistent vomiting or continuous, severe abdominal pain, stop drinking the solution and call our office immediately or go to your nearest emergency department
- To lessen the taste of the prep liquid, make sure that it is chilled and try drinking it with a straw. Between glasses, try gum or hard candy.
- While drinking the electrolyte solution, you may experience chills, nausea, and abdominal cramping. These are normal responses to the prep.

Drink the remaining HALF of the gallon of prep slowly at 8PM. To be completed within 2 hours (by 10PM). (There should be 7 hours between your first and second doses of Gavilyte.)

At 10PM the night before your procedure:

TAKE the 2 over the counter Dulcolax tablets that you purchased above.

At midnight the night before your procedure

*Stop everything by mouth 6 hours prior to your scheduled procedure. You should have NOTHING TO EAT OR DRINK. THIS INCLUDES WATER. The only exception is any medication you've been instructed to continue. These medications may be taken with small sips of water as instructed by your prescribing physician up to 4 hours prior to your scheduled procedure. Call the office with any questions before starting your prep!*

### **IF YOUR PROCEDURE IS SCHEDULED FOR AFTER NOON:**

#### At 6PM the night before your procedure:

Begin drinking HALF of your Gavilyte solution (or 2 liters)

- Drink one, 8-ounce glass of solution every 15 minutes over the course of the next 2 hours.
- Slow down or stop for 30 minutes if you begin to have nausea or abdominal discomfort.
- Liquid stools will usually start within a few hours.
- Continue drinking clear liquids even after you've finished the prep, as tolerated. Extra fluids will continue to clean out your colon and keep you hydrated.
- Your prep is adequate if you're passing clear, yellow fluid without sediment.
- If you develop persistent vomiting or continuous, severe abdominal pain, stop drinking the solution and call our office immediately or go to your nearest emergency department

#### At 8PM the night before your procedure:

TAKE the 2 over the counter Dulcolax tablets that you purchased above.

#### At midnight the night before your procedure

*Stop everything by mouth 6 hours prior to your scheduled procedure. You should have NOTHING TO EAT OR DRINK. THIS INCLUDES WATER. The only exception is any medication you've been instructed to continue. These medications may be taken with small sips of water as instructed by your prescribing physician up to 4 hours prior to your scheduled procedure. Call the office with any questions before starting your prep!*

#### 8 hours before your procedure (on the morning of your procedure): (For example if you procedure is schedule for 2PM then at 6AM)

Drink the remaining HALF of your Gavilyte solution (or 2 liters)

- Drink one, 8-ounce glass of solution every 15 minutes over the course of the next 2 hours.
- STOP drinking ALL fluids 6 hours prior to your scheduled procedure.

### **Day of Your Procedure**

For afternoon Procedures Only:

Begin drinking the second 1/2 (half) of the refrigerated prep at 6:00 a.m. Drink one glass every 15-20 minutes until the rest of the prep is gone.

Plan to be at hospital or surgical center for 2-3 hours. This includes registration, procedure and recovery time.

### **Sedation: What to Expect:**

MAC sedation is a mixture of medications that will be given to you through an IV during your procedure to minimize your pain and anxiety. While under the sedation you will be able to answer questions, speak to Dr. Sinha, and breathe on your own. The medications may cause you to have brief memory loss during your procedure and for a short time afterward.

### **After Your Procedure**

You will be monitored after your procedure. During this time, a nurse will check your blood pressure, heart rate, breathing and alertness. You will be sent home with your driver and written

instructions. You may feel sleepy and light-headed, but this feeling will fade. For 24 hours after the procedure:

- Do not drive a car, operate machinery, or power tools.
- Do not drink any alcoholic drinks.
- Do not make any important legal decisions.
- Do not make any important financial decisions.
- Do not smoke without supervision.
- Do not cook on a stove or use a microwave without supervision.

***\*\*\*If you are scheduled at Hunterdon Medical Center, be sure to go to the Main Hospital's 2<sup>nd</sup> Floor Endoscopy Suite located at 2100 Wescott Drive, Flemington, NJ 08822 ON THE SECOND FLOOR OF THE HOSPITAL.***

***\*\*\*If you are scheduled at the Somerset Ambulatory Surgical Center (ASC), be sure to go to: 1 Highway 206 North, Somerville, NJ 08876. This is the SOMERSET AMBULATORY SURGICAL CENTER LOCATED IN SOMERVILLE.***