

The following are important instructions you should follow in preparation for your procedure.

**DAY BEFORE EXAMINATION**

1. You may have a **LIGHT BREAKFAST** and **LIQUIDS ONLY** for **LUNCH** and **DINNER** (such as apple juice, tea, clear broth, sorbet, clear Jell-O) on the **DAY BEFORE** the procedure. No red liquids, red Jell-O or dairy products. **You should NOT have any more food or drink 8-6 hours before your procedure unless otherwise directed.**
2. **At 6:00 PM**, take one SUPREP with ample fluids (at least 3 glasses of water or any other liquid). [10oz]
3. **At 10:00 PM**, take the second bottle of SUPREP with ample fluids (at least 3 glasses of water or any other liquid). [10oz]

**IMPORTANT**

1. **If you are on INSULIN or ORAL DIABETES MEDICATION, PLAVIX or COUMADIN, or any other blood thinners, please inform Dr. Shim and obtain specific instructions with regard to these medications.**

**Following medications should be stopped prior to the procedure as instructed below:**

- Plavix – must be stopped 5 days prior to the procedure.**
- Coumadin - must be stopped 4 days prior to the procedure.**
- Pradaxa – must be stopped 48 hours prior to the procedure.**
- Aspirin and any other blood thinner – must be stopped 1 week prior to the procedure.**

2. If you take medications in the morning for **HYPERTENSION OR HEART DISEASE**, you should take your medication at least **2 hours prior** to your scheduled appointment.
3. **DO NOT TAKE** any iron tablets, aspirin or medication, which contains aspirin (such as Alka-Seltzer); or nonsteroidal, anti-inflammatory medications (such as Motrin, Advil, or Indocin), for 5 days prior to the procedure. If you need medication for pain, you may take Tylenol.
4. If you **CANNOT** keep your appointment or have questions regarding your procedure or preparation, please call (212) 535-5020.

Be sure to arrive on time for your appointment. **Because you will receive intravenous sedation, you should have someone to escort you home.** Your colonoscopy will take place on:

Date: \_\_\_\_\_

Sign: \_\_\_\_\_

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