

A good colonoscopy starts with a cleaned-out colon.

Gastrointestinal Diagnostic Centers www.browardgi.com help@browardgi.com 954.963.0888

IMPORTANT

STOP Aspirin, Plavix (or other antiplatelet agents), Coumadin (or other anticoagulation agents), and Iron prior to the procedure as instructed. Tylenol (acetaminophen) is OK.

DAY BEFORE THE PROCEDURE

Morning: Have a **light breakfast**. You must **not** have solid food after breakfast. You **can** continue to drink clear liquids all day (until midnight).

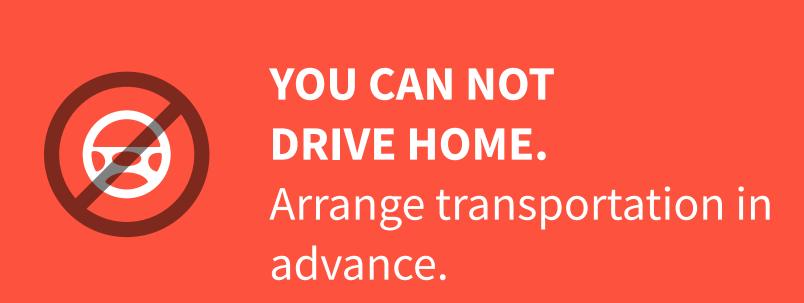
Noon: Clear liquids only (no red or purple).

Evening: Clear liquids only (no red or purple).

- Water or Coconut Water
- Crystal Light® (no red or purple)
- Apple or Orange Juice (no pulp)
- Coffee or Tea (no milk or cream)
- ✓ Gatorade® (no red or purple)
- Clear bouillon soup (no fat)
- Popsicles (no red or purple)
- ✓ Jello® (no red or purple)
- ✓ Ensure® or Boost®
- No alcohol
- No milk or dairy
- Note:

Drink plenty of clear liquids on the day before the procedure. Take your usual blood pressure medications.

DO NOT EAT OR DRINK ANYTHING THE DAY OF THE PROCEDURE **EXCEPT FOR THE LAXATIVE**



PREPARATION INSTRUCTIONS **DAY BEFORE** THE PROCEDURE STEP 1 By 6:00 PM prepare the laxative as instructed then begin drinking half (1/2) of the laxative mixture. See instructions for your laxative. Drink the laxative as instructed. Chilled with a straw helps. Continue drinking until **STEP 1 is** completed. DAY OF THE PROCEDURE STEP 2 Four (4) hours before your procedure prepare and resume drinking the remaining half of the laxative and water as instructed until **STEP 2 is** completed. NOTE: You must finish drinking all liquids at least two (2) hours before your colonoscopy.

TAKE YOUR USUAL BLOOD PRESSURE MEDICINE WITH A SIP OF WATER.		www.myplenvu.com
For diabetics on insulin: USE ONE-HALF (1/2) OF YOUR USUAL INSULIN DOSE the morning of the procedure and the other one-half (1/2) after the		SUPREP www.suprepkit.com
procedure.		SUTAB
		www.sutab.com
Dr Ctoipor		Other
□ Dr. Steiner		www.browardgi.com
Dr. Yotseff		
☐ Dr. Dooreck		Any questions © call 954-963-0888

DAT	
TIME	
	WALNUT CREEK MEDICAL CENTER 1779 N University Drive Suite 101 Pembroke Pines, FL 33024 University & Taft NE Corner Behind CVS & Dunkin' (954) 963-0888
	MEMORIAL HOSPITAL PEMBROKE 7800 Sheridan Street Pembroke Pines, FL 33024 University & Sheridan Outpatient The hospital will call you with the time (954) 962-9650
	4L PEG www.browardgi.com
	CLENPIQ www.clenpiq.com
	PLENVU www.myplenvu.com
	SUPREP www.suprepkit.com
	SUTAB www.sutab.com