

Bharat Sanghavi, MD
Moushumi Sanghavi, MD
COLONOSCOPY SPLIT PREP INSTRUCTIONS

PROCEDURE DATE/TIME:

DIET RESTRICTIONS:

- **You must stick to a CLEAR LIQUID DIET the ENTIRE day before your exam (DATE - _____)**
- **Clear liquids include**
 - Water / Apple Juice / Coconut water
 - 7up/GingerAle
 - Black coffee / tea (no milk)
 - Clear broth or soup
 - Jello (avoid red)
 - Gatorade (avoid red)
- **Please drink a lot of clear liquids as it will help you prepare well.**
- **You may not have any SOLID FOOD OR DAIRY (day before)**
- **No liquids 5 to 6 hours prior to procedure time**
- **On the day of your procedure (_____), you may not have anything to eat or drink unless specifically instructed by our office.**

LAXATIVE INSTRUCTIONS

- **Make sure solution is well dissolved prior to consumption**
- **Laxative consumption times are dependent on your procedure time**
- **DOSE 1 DATE - _____ TIME - _____**
- **DOSE 2 DATE - _____ TIME - _____**

ADDITIONAL INSTRUCTIONS:

- **If you take medication for high blood pressure, please take this medication on the morning of your procedure with a small sip of water**
- **You may not drive on the day of the procedure.**
- **Please notify us if you take any diabetic or blood thinning medications as you may have special instructions.**

REMEMBER! YOU MAY NOT HAVE ANYTHING TO EAT OR DRINK ON THE DAY OF THE PROCEDURE UNLESS YOU ARE INSTRUCTED DIFFERENTLY BY OUR STAFF.

Please call 212-777-6017 with any questions or concerns.