



2301 Wilton Drive Suite C-2
Wilton Manors , FL 33305
PHONE (954) 567-5898 FAX (954)567-0395
TIMOTHY R. GOSHEN, D.O.

COLON PREP INSTRUCTIONS

Colonoscopy Date: _____

Time to arrive: _____

Several days ahead of time, go to your Pharmacy and pick it up the preparation that we are sending to clean your colon the day before of your procedure.

Remember not to use Aspirin, even baby aspirin, or anti-inflammatory drugs like Advil, Motrin, Ibuprofen, Aleve for 5 days prior to your procedure. Tylenol products are OK to use.

If you have been prescribed Plavix, Coumadin, or Warfarin, STOP taking them 5 days before prior to your surgery unless otherwise advised.

Two days prior to Colonoscopy, absolutely **NO Alcohol or alcoholic beverages**. These can have disastrous consequences on the surgery as well as the anesthesia.

One day before your procedure (_____), you may have **ONLY CLEAR LIQUIDS** the entire day : Breakfast, Lunch and Dinner, **NO SOLID FOOD AT ALL**.

Clear Liquids Include: Water, soda (Cola, Sprite, etc.) Juices that do not have pulp, Clear broth (bouillon, consommé), Strained French Onion Soup - **NO solids**, Coffee, Tea, Jello, Gatorade, Crystal Lye, etc. If you are diabetic, drink regular (non-diet) liquids in moderation throughout the day.

Be sure to drink at least 2 gallons of **CLEAR LIQUIDS** the day prior to your colonoscopy. This help to clean the colon and prevent dehydration. A colonoscopy prep causes the body to lose a significant amount of fluid and can result in sickness due to dehydration. It's important that you prepare your body by drinking extra clear liquids before the prep. Stay hydrated by drinking all required clear liquids during the prep. Replenish your system by drinking clear liquids after returning home from your colonoscopy.

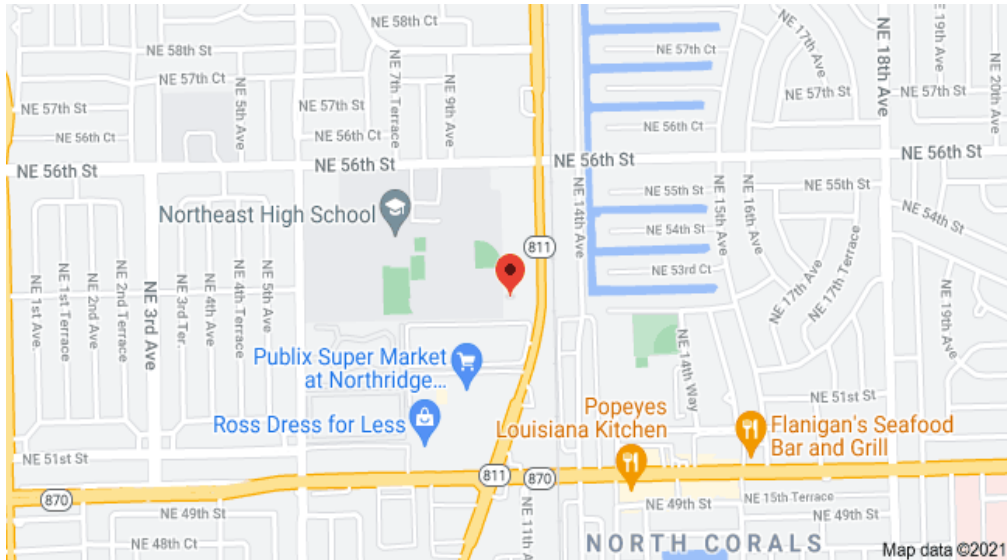
- 1.** At 5 PM, begin your regimen for your bowel prep. Empty 1 pouch "A" and 1pouch "B" into the disposable container. Add lukewarm drinking water to the top line of the container. Mix to dissolve. *(If preferred, mix solution ahead of time and refrigerate prior to drinking).*
- 2.** Drink 16 oz of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep
- 3.** At 7 PM, you are going to repeat the prior step by emptying 1 pouch "A" and 1 pouch "B" into the disposable container. Add lukewarm drinking water to the top line of the container. Mix to dissolve. *(If preferred, mix solution ahead of time and refrigerate prior to drinking.)*

4. Drink 16 oz of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep

(PLEASE follow-up the instructions of the box)

5. You must take the entire prep in order to clean the colon. This will allow good visualization of all surfaces of the colon.
6. Do not eat or drinking anything after midnight.
7. Come to the Surgery Center / at: _____
8. Make arrangements to have someone drive you home after the procedure Colonoscopy involves sedation, and you will not be allowed to leave unaccompanied
9. You will be able to resume normal activities the day after the procedure, including return to work, driving, etc.
10. If you have any questions about these instructions or about your colonoscopy, please call the office at 954-567-5898. If you must cancel or reschedule your colonoscopy appointment, please let us know several days in advance, so that we can assign the procedure appointment to another patient. Please do not cancel at the last minute or be a “no show” for this procedure.
11. Please call the office to make your follow-up appointment.

Location: Coral Ridge Outpatient Center
5301 N. Dixie Hwy Ste.100
Oakland Park, FL 33334
Phone: 954-832-3300



Location: Holy Cross Hospital Outpatient Entrance
4725 North Federal Highway
Fort Lauderdale, FL 33308
Phone: 954-202-0277

