



PLEASE CONFIRM YOUR APPOINTMENT THE DAY BEFORE PREPARATION FOR COLONOSCOPY WITH MOVIPREP

NO ASPIRIN OR BLOOD THINNERS FOR 5 DAYS BEFORE THE PROCEDURE E.G. BAYER, ADVIL, PLAVIX, COUMADIN, ECOTRIN, ALEVE, CELEBREX, VIOXX, MOTRIN.

IF YOUR ARE A **DIABETIC** TAKING MEDICATIONS SUCH AS GLUCOPHAGE OR GLUCOTROL **DO NOT** TAKE THESE MEDICATIONS THE DAY OF PROCEDURE. YOU CAN TAKE THEM AFTER YOUR PROCEDURE WITH FOOD. (DIABETICS ON INSULIN SPEAK WITH THE DOCTOR ABOUT REDUCING INSULIN.)

PLEASE COMPLETE THE FOLLOWING THE DAY BEFORE THE PROCEDURE:

******NO SOLID FOOD OR MILK SHOULD BE TAKEN ON THE DAY BEFORE THE PROCEDURE AND THE DAY OF PREPARATION. YOU CAN TAKE CLEAR LIQUIDS ONLY. CLEAR LIQUIDS INCLUDE WATER, GINGER ALE, APPLE JUICE, GATORADE AND LEMONADE. NO RED OR PURPLE LIQUIDS. ******

If preferred, mix solution ahead of time and refrigerate prior to drinking.

The reconstituted solution should be used within 24 hours.

- Step 1** **Beginning at one in the afternoon**
 Empty 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

- Step 2** **The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz), until the full liter is consumed**
 Drink 16 oz of a clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep.

- Step 3** **Beginning at four in the afternoon**
 Empty 1 pouch A and 1 Pouch B into disposable container.
 Add lukewarm drinking water to the top line of the container. Mix to dissolve

- Step 4** **The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz), until the full liter is consumed**
 Drink 16 oz of a clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep.

*******AFTER MIDNIGHT NOTHING TO EAT OR DRINK*******

THE DAY OF THE PROCEDURE

DAILY MEDICATIONS YOU MUST TAKE: Any medication that you take for blood pressure, heart condition, asthma, seizures, and anxiety you must take as usual. Take it as early as possible with a little water.

YOU MUST ARRANGE FOR SOMEONE TO ESCORT YOU TO THE OFFICE OR PICK YOU UP AFTER YOUR PROCEDURE. PLEASE HAVE CONSIDERATION FOR OUR TIME AND CANCEL YOUR APPOINTMENT 24 HOURS IN ADVANCE.

YOU WILL NOT BE ALLOWED TO DRIVE AFTER YOUR PROCEDURE FOR 24 HOURS.

APPOINTMENT DATE: _____

APPOINTMENT TIME: _____

ENDOSCOPY SUITE

Jusuf Zlatanic, M.D., P.C.
GASTROENTEROLOGY

Preparation for Colonoscopy with Suprep

You are scheduled to have a colonoscopy on _____ at

It is essential that your large intestine is free of stool. It is very important that you follow the instruction below carefully.

The day before the colonoscopy:

You must remain on a **CLEAR liquid** diet the entire day before your procedure. Clear liquid includes: water, apple juice, white grape or white cranberry juice, limeade or lemonade, ginger ale clear tea Gatorade (yellow or green only), popsicles (no red or purple) Jell-o green or yellow only). **Do not have any dairy products or anything red or purple in color.**

Beginning at 11.00am on the day before your colonoscopy
Pour ONE of the 6-ounce bottles of SUPREP liquid into the mixing container. Add cool drinking water to the 16-ounce line on the container and mix. Drink ALL the liquid in the container. You **MUST** drink TWO more 16-ounce containers of water over the next one hour. (Fill the cup up two more times with plain water and drink)

At 6.00 pm, pour the remaining 6-ounce bottle of SUPREP liquid into the mixing container. Add cool drinking water to the 16-ounce line on the container and mix. Drink all the liquid in the container. You must drink two more 16-ounce containers of water over the next one hour. (Fill the cup 2 more times with plain water and drink).

AFTER MIDNIGHT NO MORE LIQUIDS.

Day of colonoscopy: REMEMBER NOTHING TO EAT OR DRINK BEFORE THE EXAM



PLEASE CONFIRM YOUR APPOINTMENT THE DAY BEFORE PREPARATION FOR COLONOSCOPY WITH HALFLYTELY

NO ASPIRIN OR BLOOD THINNERS FOR 5 DAYS BEFORE THE PROCEDURE E.G. BAYER, ADVIL, PLAVIX, COUMADIN, ECOTRIN, ALEVE, CELEBREX, VIOXX, MOTRIN.

IF YOU ARE A **DIABETIC** TAKING MEDICATIONS SUCH AS GLUCOPHAGE OR GLUCOTROL **DO NOT** TAKE THESE MEDICATIONS THE DAY OF PROCEDURE. YOU CAN TAKE THEM AFTER YOUR PROCEDURE WITH FOOD. (DIABETICS ON INSULIN SPEAK WITH THE DOCTOR ABOUT REDUCING INSULIN.)

PLEASE COMPLETE THE FOLLOWING THE DAY BEFORE THE PROCEDURE:

*****NO SOLID FOOD OR MILK SHOULD BE TAKEN ON THE DAY BEFORE THE PROCEDURE AND THE DAY OF PREPARATION. YOU CAN TAKE CLEAR LIQUIDS ONLY. CLEAR LIQUIDS INCLUDE WATER, GINGER ALE, APPLE JUICE, GATORADE AND LEMONADE. NO RED OR PURPLE LIQUIDS.*****

If preferred, mix solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.

- Step 1** At 12 noon take the 2 bisacodyl tablets (do not chew or break them) with water.

- Step 2** Beginning at four in the afternoon tear open one flavor pack of choice and pour into HalfLyteLy bottle. Discard unused packs. Solution can be used with or without flavor packs. Add drinking water to top of line on bottle. Cap bottle and shake to dissolve. The mixed solution will be clear and colorless. Drink 8 oz. of the HalfLyteLy solution every 10 minutes until the entire 2 liters are consumed.

- Step 3** Drink an additional 32 oz of clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep.

*******AFTER MIDNIGHT NOTHING TO EAT OR DRINK*******

THE DAY OF THE PROCEDURE

DAILY MEDICATIONS YOU MUST TAKE: Any medication that you take for blood pressure, heart condition, asthma, seizures, and anxiety you must take as usual. Take it as early as possible with a little water.

YOU MUST ARRANGE FOR SOMEONE TO ESCORT YOU TO THE OFFICE OR PICK YOU UP AFTER YOUR PROCEDURE. PLEASE HAVE CONSIDERATION FOR OUR TIME AND CANCEL YOUR APPOINTMENT 24 HOURS IN ADVANCE.

YOU WILL NOT BE ALLOWED TO DRIVE AFTER YOUR PROCEDURE FOR 24 HOURS.

APPOINTMENT DATE: _____

APPOINTMENT TIME: _____

Jusuf Zlatanic, M.D., P.C./Leon Kurtz, M.D. 132 East 76th Street 212-794-0833

**PREPARACION PARA LA COLONOSCOPIA CON HALFLYTELY
AND BISACODYL TABLETS**

PARE DE TOMAR ASPIRINA Y TODA CLASE DE PASTILLAS PARA QUITAR LOS DOLORES, EXCEPTO TYLENOL O PRODUCTOS DE HIERRO POR UNA SEMANA ANTES DEL PROCEDIMIENTO. CONTINUE TODAS LAS MEDICINAS RECOMENDADAS HASTA EL DIA DEL EXAMEN. NOTIFIQUE A SU DOCTOR DE INMEDIATO SI USTED TOMA MEDICINA PARA HACER QUE LA SANGRE SE LE AFINE ASI COMO COUMADIN.

EL DIA ANTES DEL SU COLONOSCOPIA- DIETA DE LIQUIDOS: PORFAVOR NO COMER NADA SOLIDO DESDE LAS 6:00AM.

Tome solamente liquidos el dia anterior de la colonoscopia. Tome mucho liquido como: agua, te, café (negro sin leche), sopa (sin pollo, carne, vegetales, o fideos) nada mas que el jugo de la sopa, gelatina, jugo de manzana. Tome por lo menos 2 cuartas de liquidos para que se mantenga. No tome nada que sea solido o jugos de que traigan semillas adentro. NO TOME LIQUIDOS DE COLOR ROJO O MORADO. NO COMA GELATINA DE COLOR ROJO O MORADO, JUGO DE TOMATE, JUGO DE CRANBERRY, JUGO DE UVA, O JUGO DE PRUNA. **EL DIA ANTES TENES QUE COMPLETE:**

- ❑ **A las 12:00pm tome 4 comprimidos de bisacodilo con agua. POR FAVOR NO LAS MASTIQUE NI LOS TRITURE. Por favor no tome los comprimidos de bisacodilo 1 hour antes o despues de haber tomado un antiacido.**
- ❑ **MEZCLE LA SOLUCION- agregue agua portable tibia hasta la linea marcada en el frasco. Tape el frasco y agite para disover el polvo.**
- ❑ **ESPERE A MOVER EL VIENTRE- despues de haber movido el vientre (normalment ocurre el 1 a 6 horas), comience a tomar la solucion. Aunque no mueva el vientre despues de 6 horas, comience igualmente a tomar la solucion.**
- ❑ **BEBA TODA LA SOLUCION- tome un (1) vaso (de 8 onzas) cada 10 minutos. Tome cada vaso rapidamente en vez de tomar pequenas cantidades continuamente.**

ES IMPORTANTE QUE TOME TODA LA SOLUCION.

*******NO COMER O TOMAR NADA DESPUES DE LA MEDIA NOCHE
NOCHE EL DIA ANTES DEL PROCEDIMIENTO*******

**NO PUEDE MANEJAR DESPUES DE LA ENDOSCOPIA ES PREFERIBLE QUE LE
ACOMPANE A CASA.**

POR FAVOR TENGA CONSIDERACION SI NECESITA CANCELAR SU CITA POR FAVOR HAGALO POR LO MENOS 24 HORAS ANTES.

FECHA DE CITA: _____

HORA: _____

CLEAR LIQUID DIET

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed. No red or purple liquids should be consumed!

Food Group	Foods Allowed	Foods to Avoid
Milk & beverages <i>No red or purple liquids!</i>	Tea (decaffeinated or regular), carbonated beverages, fruit flavored drinks	Milk, milk drinks
Meats & meat substitutes	None	All
Vegetables	None	All
Fruits & fruit juices	Strained fruit juices: apple, white grape, lemonade	Fruit juices with unstrained fruit
Grains & starches	None	All
Soups	Clear broth, consomme	All others
Desserts	Clear flavored gelatin, popsicles (<i>no red or purple flavors</i>)	All others
Fats	None	All
Miscellaneous	Sugar, honey, syrup, clear hard candy, salt	All others

Breakfast	Lunch	Dinner
4 oz. White grape juice	4 oz. Apple juice	4 oz. Lemonade
6 oz. Clear broth	6 oz. Clear broth	6 oz. Clear broth
Jell-O®*	Jell-O®*	Jell-O®*
Tea	Tea	Tea
<i>*Plain only, no fruit or toppings</i>		

Jell-O is a registered trademark of Kraft General Foods, Inc.



Dieta de Líquidos Transparentes

Una dieta de líquidos transparentes es justamente eso, una dieta que consiste de alimentos y bebidas hechas de líquidos transparentes. Este tipo de dieta se digiere fácilmente y no deja residuos en el tracto gastrointestinal.

Alimentos Permitidos

- Agua
- Té o café (sin crema)
- Jugos sin pulpa:
 - Manzana
 - Uva
 - Arándano
 - Ciruela pasa
 - Limonada
- Suplementos líquidos transparentes (Boost® Bebida Saborizada de Frutas o Enlive)
- Refresco
- Caldo o bouillon transparente
- Gelatina (sin trozos de fruta)
- Paletas heladas (sin fruta o crema)
- Helado italiano

También están permitidos los siguientes condimentos: azúcar, sal, y pimienta.

Alimentos que Evitar

- Cualquier alimento que no esté en la lista anterior, incluyendo:
 - Leche
 - Crema
 - Jugo de naranja
 - Jugo de toronja
 - Jugo de tomate
 - Batidos de fruta
 - Malteadas
 - Sopa
 - Avena
 - Crema de Trigo