

AMBER M. KHAN, M.D.  
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Your procedure is scheduled for Date: \_\_\_\_\_, Time: \_\_\_\_\_, at the **Garden State Endoscopy & Surgery Center, located at:**

**Diamond Head Building  
200 Sheffield Street Ste #101  
Mountainside, NJ 07092  
Phone: (908) 241- 8900**

Arrival Time: **1 hour prior to your procedure time**. Please make sure you have a responsible adult driver (18 year old or older) who will pick you up after the procedure. No taxis allowed. It takes around 3-4 hours total time for a colonoscopy. Do not bring jewelry or valuables. No body-piercing jewelry is allowed for the test. Bring your **insurance card** and a **Photo ID**.

**If you are on blood thinners, your doctor needs to know so they are stopped if indicated. You may NOT take any Aspirin, Advil, Aleve, Ibuprofen, Motrin, Fish Oil, Vit E, Coumadin or similar products for a 7 days before the test. Tylenol is allowed if needed. If you are diabetic please inform the staff. No smoking cigarettes for 12 hours before. Nothing by mouth 4 hours before. No vaping or marijuana use for 24 hours.**

**If you wish to cancel your appointment, please call the office 5 Business days before your procedure to avoid getting a fee!!**

Medications allowed on the day of the test: **Take AM medications 4 hours before procedure time with sips of water. If you suffer from seasonal allergies, please take Zyrtec or Claritin 4 hours before your procedure with small sips of water.**

## **SUPREP bowel preparation**

- A. Purchase (in advance) at your Pharmacy: SUPREP bowel prep kit by prescription. You will also need to purchase Dulcolax 5 mg laxative tablets Over the Counter.
- B. Take 4 Dulcolax tablets each night at 6 PM for 1/2/3 night(s) before beginning the actual prep day. (Depending on the patient. This prep is individualised)

### **Day Before Procedure (Prep Day)**

- C. Stay on **CLEAR LIQUIDS (No Red, Blue or Purple COLORS) all day before Procedure: \*\*Do not eat any food at all. \*\*No Alcoholic beverages.**

**Suggestions: \*Chicken/beef broth \*Coffee/tea (no dairy) \* Jell-O/ice pops \*soda/water/Gatorade  
\*apple/white grape juice**

**D. Follow our instructions (not the Suprep box instruction): STAY HOME WHEN YOU BEGIN THE PREP, 2 doses required.**

1. First dose at 6pm the night before the colonoscopy: Pour ONE 6-oz bottle of SUPREP liquid into the 10oz mixing cup, add cool water to the 16-ounce line, mix, and drink all the liquid in the cup. You **MUST** drink two more 16-ounces of **WATER** within one hour. Go slow to avoid throwing up, but not to exceed 1 Hour for the Suprep and liquid to follow.
2. Second dose morning of the procedure (6 hours prior to your scheduled time): Pour ONE 6-oz bottle of SUPREP liquid into the 10oz mixing cup, add cool water to the 16-ounce line, mix, and drink all the liquid in the cup. You **MUST** drink two more 16-ounces of **WATER** within one hour. Go slow to avoid throwing up, but not to exceed 1 Hour for the Suprep and liquid to follow.

**D. DO NOT TAKE ANYTHING BY MOUTH STARTING 4 HOURS BEFORE PROCEDURE TIME. Take AM medications 4 hours before procedure time with sips of water. If you suffer from seasonal allergies, please take Zyrtec or Claritin 4 hours before your procedure with small sips of water.**

**Please make sure that on the morning of your Colonoscopy you are passing CLEAR liquid without any debris. If you don't see the bottom of the toilet bowl through it, your Colon is not clean.**

**IT IS YOUR RESPONSIBILITY AS THE PATIENT TO LET DR. AMBER KHAN'S OFFICE KNOW OF ANY CHANGES OR UPDATES TO YOUR MEDICAL HISTORY/MEDICATIONS AT LEAST ONE WEEK PRIOR TO YOUR PROCEDURE.**

**This is including but not limited to new medications prescribed, any new heart or lung symptoms including chest pain, shortness of breath, or hospital admission.**