



Jasmine Jeffers, M.D.
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Suite 300
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Your procedure date is _____ Please arrive at _____ am/pm

Colonoscopy Instructions
Step 1: At your pharmacy purchase:

- SUPREP BOWEL PREP KIT; collect from your pharmacy
- Dulcolax tablets x 4 (generic is ok) purchase over the counter

If you have constipation, buy a 10oz bottle of Magnesium Citrate and drink it two nights before your procedure

Step 2: The day before your procedure

You may have a light breakfast, no fruits, no vegetables, no meat and continue to have clear liquid diet:

Clear liquid diet

| | |
|---|--|
| Water | Tea (Caffinated or Decaf) |
| Gatorade (No red, orange or purple) | Clear fruit juices - Apple, white grape, lemonade |
| Clear beef or chicken broth | Popsicles or Jello – light colored No red, purple, |
| Coffee- (no cream or milk), you may add sugar or sugar substitute | |

At approximately 4:00pm, take the 2 Dulcolax tablets, ½ hour later take an additional 2 tablets

Approximately 1 ½ hours later (5:00pm – 7:00pm)

SUPREP BOWEL PREP KIT, follow the instructions provided

****** IT IS IMPORTANT TO FINISH THE ENTIRE PREP*******

Do not eat or drink anything after midnight the night before your Procedure

Step 3: The morning of your procedure you may take your blood pressure, heart medication with a small amount of water. If you are on Insulin the nurse will give you instruction concerning usage. Patients taking Plavix, or anti-inflammatory medication: ASA, Motrin, Ibuprofen, Aleve, Naprosyn, Mobic, quit taking these medications 5 days prior to your procedure, they act as a blood thinner. PATIENTS TAKING COUMADIN OR PLAVIX: Dr. Jeffers will give you specific instructions regarding when to stop taking these medications. If you have a biopsy or polyp removed during your procedure, Dr. Jeffers will advise you when to resume the medication.