**The following instructions are your physician’s specific instructions. Please follow the instructions carefully to ensure a successful prep.**

You can reach Your Patient Advisor with non-medical prep questions at: **800.349.0285**

If you need to reach your physician’s office, please call 732-873-9200.

**Special Notes:** SOMEONE MUST DRIVE YOU HOME FROM THE FACILITY THE DAY OF YOUR PROCEDURE. You must be accompanied by an adult friend, relative or caregiver to drive you home. You may not drive home or go by taxi or bus. If you do not have a driver, your procedure will be cancelled. You should plan to be at the surgery center 2-3 hours.

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| **7 days to procedure**  **2 days to procedure** | Review your prep instructions thoroughly. Review medication changes/restrictions starting today.  **Purchase 1 (10oz) bottle of Magnesium Citrate and 2 Fleet Saline Enemas over the counter at the pharmacy.** |
| **1 day to procedure** | **You may eat breakfast, lunch, and dinner.**  **Prep at a Glance**  **6:00 PM** Drink 1 (10oz) bottle of Magnesium Citrate (no red or orange color). Drink at least 3-4 (8 oz) glasses of water after drinking the Magnesium Citrate.  **12:00 AM (Midnight)** No solid foods after midnight. |

**PREP WEEK AT A GLANCE**

**PREP WEEK AT A GLANCE (Continued)**

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| **Procedure**  **Day** | **ABSOLUTELY NO SOLID FOOD AFTER MIDNIGHT ON THE DAY OF YOUR PROCEDURE. Do not take supplements, vitamins, NSAIDS and aspirin the morning of your procedure.**  **3 HOUR PRIOR TO YOUR ARRIVAL TIME-**  Take 1 Fleet Saline Enema.  **1 HOUR PRIOR TO YOUR ARRIVAL TIME**- Take second Fleet Enema.  You may have clear liquids the day of your procedure up to 5 hours prior to arrival time.  NO CHEWING TOBACCO OF ANY KIND AT LEAST 6 HOURS PRIOR TO YOUR CHECK IN TIME. If you do, your procedure will be cancelled due to risk of complications. Do not chew gum, use toothpicks, suck hard candy or smoke after you have stopped clear liquids.   * Do not wear contact lenses to your procedure. Please wear glasses instead. If you do not have glasses bring contact lens case and solution with you. Your contact lenses must be removed prior to the procedure. * Do not wear jewelry, piercings, or eye makeup to the appointment. * Bring picture ID, insurance cards, co-pay, or deductible portion of your procedure with you. * Review medication information handout for instructions regarding medication adjustments. Bring a list of medications with you. * If you need to cancel, you must give 48 hours notice or there will be at $100 charge.   If you need to change your appointment, call 732-873-9200. |