

# David Tenenbaum MD

## Colonoscopy Prep Instructions

### Location

53-14 Roosevelt Ave  
Woodside NY 3<sup>rd</sup> floor

Scan for Instructional video



**COLONOSCOPY:** TO PROPERLY PREPARE FOR THE PROCEDURE YOU MUST DO THE FOLLOWING:

1: THE DAY BEFORE THE EXAM YOU MAY HAVE EGG WHITES FOR BREAKFAST BEFORE 9 A.M. FOR THE REST OF THE DAY YOU **MUST FOLLOW A CLEAR LIQUID DIET** WHICH CONSISTS OF THE FOLLOWING: BROTH (WITHOUT NOODLES/RICE/MEAT/VEGETABLES/POTATOES), JELLO (ANY COLOR EXCEPT RED), APPLE JUICE, TEA, COFFEE (NO CREAM OR MILK) AND SODAS. YOU CAN DRINK AS MUCH AS YOU WANT AND **STOP AT MIDNIGHT.**

2: PREPARE SOLUTION BY ADDING BOTTEL OF POWDER INTO A PITCHER, THEN FILL THE PITCHER WITH 64 OUNCES OF WATER, APPLE JUICE OR LEMONADE AND MIX IT WELL.

3: AT 5:00 P.M. TAKE 2 DULCOLAX TABLETS WITH A GLASS OF WATER. AT 6:00 P.M. BEGIN DRINKING THE CLEANSING SOLUTION ONE GLASS EVERY 30 MINUTES UNTIL FINISHED COMPLETELY.

Important: For your own safety and protection, you will not be allowed to drive a motor vehicle following your procedure. Please make arrangements to have someone bring you home from the endoscopy/colonoscopy center.