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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.**