

Rochester Gastroenterology Associates, LLP

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INSTRUCTIONS FOR COLONOSCOPY *EXTENDED* PREP WITH MAGNESIUM CITRATE, MIRALAX, DULCOLAX & GATORADE

Name _____ Procedure _____

YOU HAVE BEEN SCHEDULED FOR THE ABOVE EXAMINATION BY DR _____

PLEASE REPORT TO:

Unity Hospital Endoscopy Center

1555 Long Pond Road

Rochester, NY 14626

Tel: (585) 723-7119

Rochester Gastro. Assoc.

20 Hagen Dr., Suite 330

Rochester, NY 14625

Tel: (585) 267-4040

REPORT AND REGISTRATION TIME:

DATE/DAY:

PLEASE REVIEW ALL INSTRUCTIONS UPON RECEIPT

You will need to obtain one (1) **238 Gram** bottle of MiraLax (Glycolax), one (1) small package of Dulcolax laxative **tablets** (4 tablets only) (1) **10oz** bottle of Magnesium Citrate and two (2) **32oz** bottles of Gatorade, (**NO** Red or pink). Most people prefer 2 different flavors – **as an alternative you may use 64 ounces of any other clear liquid** (apple juice, crystal light, lemonade, iced tea etc.)

MiraLax, Dulcolax, and Magnesium Citrate are purchased over the counter.

Patients who receive sedation for their procedure must have an adult transport them home. **Ubers, taxis, or any other NON-medical vehicles are NOT ACCEPTABLE** unless you have a family member or responsible adult accompany you. It is required a responsible adult stay with you since sedation effects can last well into the evening.

If you are unable to keep your scheduled appointment, cancellation is appreciated **48 hours** in advance by calling **(585)267-4040** or **(585)227-1080** between **8:30 a.m.** and **4:30 p.m.** If you fail to notify us you may be charged. Please call these numbers if you have any further questions.

If you are taking any kind of blood-thinning medications, such as **COUMADIN, PLAVIX, ELIQUIS, or XARELTO** please inform our office at (585)267-4040 or (585)227-1080, **IMMEDIATELY**. **These medications MAY need to be stopped AS DIRECTED BY YOUR MEDICAL PROVIDER.**

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In order to assure optimal colonoscopy examination, the following guidelines are recommended:

1. **Stop** any extra dietary fiber, including Metamucil, Citrucel, Fibercon, or similar products for **1 week** before the procedure.
2. **Stop** all iron medications, and vitamins containing iron for **1 week** before the procedure.
3. **Do not** eat nuts, raisins, or food containing seeds, (strawberries, sesame, poppy, etc.) or uncooked vegetables **3 days** before the procedure.
4. Please check with our office prior to taking any **INSULIN** or other diabetic medication **on the morning of the examination.**

2 DAYS BEFORE EXAMINATION

1. Begin a CLEAR liquid diet at **12:00 p.m.** noon. **No solid food is allowed.** Clear liquids include water, strained fruit juice without pulp (apple, white grape, lemonade), clear broth or bouillon, coffee and tea (without cream or non-dairy creamer), Gatorade (**NO** red or pink), carbonated and non-carbonated soft drinks, Kool-Aid (**NO** red or pink), Jell-O (**NO** red or pink), and popsicles.
2. At **4:00 pm** drink 10 oz. of Magnesium Citrate. **Continue drinking clear liquids throughout the rest of the day. THIS IS VERY IMPORTANT!!!!!!!!!!**

DAY BEFORE EXAMINATION

1. **Continue drinking clear liquids all day.**
2. At **1:00 pm** take only two (2) Dulcolax **tablets** with water and continue on clear liquids. Mix ½ of the MiraLax powder with one **32oz** bottle of Gatorade (**NO** red or pink) and mix until dissolved. Repeat this step with the other ½ of MiraLax powder and second **32oz** bottle of Gatorade, then chill if desired.
3. At **2:00 pm** begin drinking MiraLax/Gatorade solution. Drink this solution slowly, as tolerated, completing it by **7:00 pm**. It may take several hours for results. *This does not work very quickly*
4. At **5:00 pm** take **2** additional Dulcolax tablets, and continue drinking clear liquids, throughout evening. **THIS IS VERY IMPORTANT!!!!!!!!!!**
5. ADDITIONAL INSTRUCTIONS: _____

DAY OF EXAMINATION

1. You may have clear liquids until 4 hours prior to your procedure. You may take your regular medications with a sip of water up until your procedure.
2. You should plan on spending up to 2 hours at our facility for this test.