

# Rochester Gastroenterology Associates, LLP

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## **INSTRUCTIONS FOR COLONOSCOPY *SPLIT* PREP WITH 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), **1** small package of Dulcolax laxative **tablets** (4 tablets only) and **(2) 32 oz** 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 and Dulcolax 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.***

**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 foods containing seeds, (strawberries, sesame, poppy, etc.) or uncooked vegetables **3 days** before the procedure.
4. **Take your regular medications on the morning of the examination, except insulin or other diabetic medications.** Please check with our office prior to taking any **INSULIN** or other diabetic medication on the morning of the examination.

**DAY BEFORE EXAMINATION**

1. You may have a *light* breakfast BEFORE 8 am. Begin a clear liquid diet AFTER 8am **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 (**No** red or pink).
2. At **1 pm** take all **4** Dulcolax tablets with water and continue on clear liquids. Add **1/2** of the MiraLax powder to one **32 oz** bottle of Gatorade (**NO** red or pink). Mix until dissolved and chill if desired. Begin drinking this at **2pm**, drinking it as tolerated, and completing it by **7 pm**.  
\*This does not work very quickly and may take several hours for results.\*

You should have ½ of the MiraLax powder & **32oz.** of Gatorade left over and ready for the next morning. You may mix the evening before and chill if desired.

3. **Continue drinking clear liquids throughout the evening. THIS IS VERY IMPORTANT!!!!!!!!!!**
4. **ADDITIONAL INSTRUCTIONS:** \_\_\_\_\_  
\_\_\_\_\_

**DAY OF EXAMINATION**

1. Five (**5**) hours before your procedure, mix and drink the other **32oz.** combination of MiraLax and Gatorade, **finishing the mixture within 1 hour.** You may take your regular medications with a sip of water up until your procedure time.
2. You should plan on spending up to 2 hours at our facility for this test.

