

Rochester Gastroenterology Associates, LLP

Prasad Penmetsa, M.D., M.R.C.P.
Surinder Deygun, M.D.
Ari Chodos, M.D.
Marvin Singh, M.D.
Muddusir Ayaz, M.D.
Amy Hayes, F.N.P.-C.
Sarah Pratt, F.N.P.-C.
Michelle Addison, F.N.P.-C.

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INSTRUCTIONS FOR COLONOSCOPY 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), one (1) small package of Dulcolax Laxative **tablets** (4 tablets only) and two (2) **28 oz** bottles of Gatorade, (**NO** Red or pink)
Most people prefer 2 different flavors – **as an alternative you may use 56 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.***

Page 2 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 **1week** 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 8 am. **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 only **2 Dulcolax tablets** with water and continue on clear liquids. Then add **1/2** of the MiraLax powder to one **28 oz** bottle of Gatorade (**NO** red or pink) and mix until dissolved. Repeat this step with the remaining **1/2** of MiraLax powder and second **28 oz** bottle of Gatorade, then chill if desired.
3. At **2 pm** begin drinking the MiraLax/Gatorade solution. Drink this solution slowly, as tolerated, completing it by **7 pm**. It may take several hours for results. *It does not work very quickly*
4. At **5 pm** take the **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 time.
2. You should plan on spending up to 2 hours at our facility for this test.

Thank you for the opportunity to accommodate your healthcare needs.