

DIVISION OF COLORECTAL SURGERY

JOHN RT MONSON, MD

CHRISTINA CELLINI, MD

TODD D. FRANCONI, MD

RABIH SALLOUM, MD

JENNY SPERANZA, MD

FERGAL FLEMING, MD



UNIVERSITY of
ROCHESTER
MEDICAL CENTER

MEDICINE of the HIGHEST ORDER

EXTENDED PREPARATION INSTRUCTIONS

Name: _____ Date & Arrival Time: _____ Physician: _____

Please plan on being at the procedure for 3 hours

ATTENTION: If you have not already done so, please call the office if any of the following apply to you:

- Pacemaker or Heart Valve Replacement
- Blood Thinners (Lovenox, Fragmin, Coumadin, Plavix, etc) , Iron Supplements, Aspirin (please call the office to discuss dispensing)
- Chronic Constipation or if you take narcotic pain medications regularly (this may require different instructions for you to follow)

Special note to those with DIABETES:

If you take pills: take ½ the usual dosage on the day before & day of procedure.

If you take insulin, stop the regular insulin & take ½ dosage of your long lasting insulin the day before & the day of the procedure.

Test your blood sugar level before bedtime and on the morning of the procedure.

Prior to procedure YOU MUST PURCHASE:

Two 32oz bottles of Gatorade (any color but red or purple)

Miralax 238 gram bottle (Generic: Polyethylene Glycol)

Dulcolax (small package, only 4 tablets needed) (Generic: Biscodyl)

Magnesium Citrate

You will be sedated for the procedure:

****Please be sure to organize transportation for yourself as you will not be able to work, drive, or make important financial decisions for the rest of the day.****

You must prepare for this 4 days in advance:

The 4th & 3rd day before:

- Stop iron & fiber supplements
- Avoid all fruit skins and vegetables except potatoes, bran or whole grain products (wheat, oatmeal, etc)

Two days before:

- You will be on a clear liquid diet all day long (examples below). Be sure to drink plenty of fluids to keep hydrated.
- Take the bottle of Magnesium Citrate as per the directions on the bottle. Take this between 2pm-6pm. Be sure to drink at least five (5) 8oz glasses of clear caffeine free beverages during this time.

One day before:

- 1) You will be on a clear liquid diet all day long (examples below). Drink plenty of clear fluids.
- 2) Around 4:00pm take all four Dulcolax tablets with water and continue drinking clear fluids.
- 3) **If your procedure is in the MORNING (8:30-11:45):**

- Mix the contents of Miralax with both 32oz bottles of Gatorade and shake until the mixture is dissolved completely. It is helpful to place in the refrigerator in the morning
- Around 6:00pm begin drinking Miralax/Gatorade mixture.
- Drink 8oz every 15 minutes until finished with all of the mixture (2 bottles).

If your procedure is in the AFTERNOON (12:00-4:30):

- Mix the ½ contents of Miralax with **one** 32oz bottle of Gatorade and shake until the mixture is dissolved completely
- Around 6:00pm begin drinking Miralax/Gatorade mixture.
- Drink 8oz every 15 minutes until the bottle of mixture is consumed.
- Around 7am (**day of procedure**) mix the remaining contents of Miralax with the **2nd bottle** of Gatorade and drink 8oz every 15 minutes until finished.

Day of Procedure:

You can NOT eat/drink anything **4 hours** prior to appointment.

IMPORTANT: Failure to follow these instructions may cause cancellation of your procedure

Examples of Clear Liquid Diet:

YOU MAY HAVE:

Clear soda (ginger ale, Sprite)
Clear juice (apple, white cran, white grape)
Gatorade/PowerAde (no red or purple)
Chicken broth (nothing in it)
Black Coffee/Tea (sugar ok, but no cream)
Jell-O (no red or purple)
Popsicles (no red or purple-not creamy)
Lemonade (no pulp)
Kool-Aid (No red or purple)
Vitamin Waters (no red or purple)

YOU CAN'T HAVE:

Red, Green or dark sodas
Grape, Grapefruit, Orange, etc
Alcohol
Milk or milk products
Yogurt or pudding
Fudgsicles
Cream soups
Beef broth
No creamy beverages
Beverages with pulp

HELPFUL HINTS you should know & do the day of the procedure:

- If you take other daily medications please hold off on taking them on the day of the procedure until after procedure.
- Bring all packet paperwork with you to procedure.
- Please arrive on time allowing extra time to compensation for construction, weather, etc.
- Flushable moist wipes decreases the soreness that may result from frequent bowel movements.
- Leave all valuables at home except for your photo ID and insurance cards.

Please remember that while a colonoscopy is generally a safe procedure, there is a small chance of developing complications that may not be identified for up to a week or even later. Please be aware of these when making any travel arrangements just after your procedure. These will be explained to you in further detail upon arrival. A copy of the report will automatically be sent to your Primary Care Physician and/or the referring physician.

Location:

180 Sawgrass Drive, Suite 100

Rochester, NY 14620

If you believe you may be pregnant, need to cancel your appt for any reason or have any questions, please call our office at least 48 hours prior to your scheduled appointment at (585) 273-2727.

