



Division of Gastroenterology and Hepatology

COLONOSCOPY INSTRUCTIONS

Date:	Arrival Time:
Location:	Dr.
Please plan to be here for 3 hours	

Thank you for choosing The University of Rochester Medical Center for your colonoscopy procedure. Proper preparation (cleansing) is the key to a good examination. Please review these instructions **WHEN YOU RECEIVE THEM.**

If you believe you may be pregnant or need to cancel your appointment for any reason, please call our office at least 72 hours prior to your scheduled appointment: (585) 275-4711.

REGARDING YOUR MEDICAL HISTORY AND MEDICATIONS:

- If you take any medication for the purpose of being anti-coagulated, keeping your blood thin or preventing blood clots (example: warfarin, Plavix, Coumadin), you must speak with a nurse at least two weeks BEFORE your procedure, in order to receive careful instructions on how to manage your medications. Aspirin does not need to be held.
- If you take any insulin OR oral (pill) diabetic medications and have not received a call from a nurse before your procedure, please call (585) 275-4711 as soon as possible.

IF YOU ARE UNSURE ABOUT A PARTICULAR MEDICATION, PLEASE CALL AT LEAST 10 DAYS IN ADVANCE TO SPEAK WITH A NURSE.

**If you suffer from constipation, or move your bowels less than once per day, or take narcotic medication, please call the office. You will require an extended preparation to ensure your colon is completely clean. Failure to do so may result in cancellation of your procedure, and need to repeat the preparation.

If you need an office appointment, or if you need to review your instructions, please call (585) 275-4711 as soon as possible.

THE BOWEL PREPARATION:

FOUR DAYS BEFORE YOUR PROCEDURE

- Stop eating raw vegetables, seeds/nuts and fruit skins. All other food is okay to eat until the day before your procedure.
- Purchase the preparation/cleanout items
 - **Grocery Store:** Buy **TWO** 32 oz. **Gatorade** bottles (clear or yellow).
 - **Pharmacy:** Buy one **Miralax 238 gram bottle** and small package of **Dulcolax (biscodyl)** laxative tablets – both are over the counter medications

THE DAY BEFORE YOUR PROCEDURE

Follow a clear liquid diet, avoiding liquids with a red or purple color

YOU MAY HAVE (examples):

Clear soda (ginger ale, Sprite)
Clear juice (apple, white cranberry)
Gatorade/Powerade (clear or yellow)
Chicken broth (nothing in it)
Black Coffee/Tea (no cream)
Jell-O (yellow, orange, green)
Popsicles (not red or purple)

Do NOT have (examples):

Red or purple Jell-O
Beef broth
Alcohol
Milk or milk products
Yogurt or pudding
Fudgsicles
Cream soups

Begin the preparation/cleanout process in the afternoon

- Mix half (½) of the **Miralax** bottle in each 32 ounce bottle of Gatorade until dissolved and keep cold in the refrigerator.
- **2:00PM:** take **four (4) Dulcolax tablets** with water and continue on clear liquids.
- **4:00PM:** Begin drinking the first bottle of the Gatorade/Miralax solution. Drink at a rate of one glass (8 oz.) every 10-15 minutes until all is gone.
- After this, you can continue drinking a clear liquid diet, but no solid food is allowed.

THE DAY OF YOUR PROCEDURE

- **4-5 hours before you are scheduled to arrive for your procedure ():** Drink the second bottle of Gatorade/Miralax solution. This may mean waking up very early to start drinking the prep. You should **complete the entire bottle by 2 hours prior to your procedure arrival time.** Drink at a rate of one glass (8 oz.) every 10-15 minutes until all is gone.
- It is essential that both 32 ounce bottles are finished to ensure a clean colon.
- You may continue the clear liquid diet up until two (2) hours prior to arrival time (no solid food on the day of the procedure)

GENERAL INFORMATION:

- **Please arrive on time.** Allow extra time in your trip for weather, traffic and parking. *Parking is validated for the hospital's garage at the time of your discharge.*
- **MEDICATIONS:** Unless otherwise instructed, continue to take all of your usual medications on your regular schedule. If you have an early morning procedure, please bring your medications with you to take after the procedure.
- Please bring a list of all the medications you take (including dosages and how often each medication is taken) with you to your appointment. Also list any herbal or vitamin supplements you take.
- Personal belongings: On the day of your sedated procedure, we strongly recommend that you leave valuables (money/jewelry) at home or give them to a family member or friend for safekeeping.
- 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 more after your procedure. We suggest that you do not plan this procedure within a couple of weeks prior to traveling, or an important social event.

AFTER YOUR PROCEDURE:

- **REMEMBER: You may not drive, work, or engage in important decisions (e.g. financial issues) for the rest of the day after your procedure.**
- A **responsible person must pick you up** after your procedure to accompany you home and stay with you for the remainder of the day, as you will have been sedated and will not be allowed to drive home.

If you have questions about these instructions, you may call us at (585) 275-4711 between 8:30-4:00 pm Monday through Friday and we will be glad to answer them for you