



## Division of Gastroenterology and Hepatology

<b><u>Date:</u></b> ***	<b><u>Arrival Time:</u></b> ***
<b><u>Location:</u></b> ***	<b>Dr.</b> ***
*You may be here for up to 3 hours	

We are pleased that you have chosen UR Medicine for your medical care. Enclosed with this letter you will find the following:

1. **Procedure preparation instructions.** Please review these instructions now to be sure you understand and are able to complete prior to your scheduled appointment. If you should have concerns regarding these instructions or your ability to complete the preparation to its fullest extent, please contact our nursing staff prior to your procedure.
2. **Consent, Cost & Financial Assistance.** There is a sample consent copy available on our website: [www.gastro.urmc.edu](http://www.gastro.urmc.edu). The actual consent form will be reviewed with you on the day of your procedure for your written and/or verbal permission. If you have any questions on the cost of your procedure, please contact our UR Medicine Cost Estimation line at 585-758-7801.

**Please be advised of our no show or cancellation policy.** We have reserved this time for personal attention to your medical care. If you are unable to keep this appointment please notify us within 2-3 business days so that we can reschedule your procedure and utilize this time to serve other patients. Please contact us at 585-275-4711 with any questions or concerns.

### **COVID TESTING**

**PLEASE DO NOT COMPLETE YOUR TEST BEFORE THE DATES BELOW**

**COVID Testing is required by the State within 5 days of your scheduled procedure.**

**COVID Testing is due on: \*\*\***

**COVID Testing Site Address: \*\*\***

**If you do not complete your COVID test at least 48 hours before your scheduled appointment, your procedure may be postponed**

## MIRALAX/MAGNESIUM CITRATE COLONOSCOPY INSTRUCTIONS

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 more than 1 week before your procedure.**

### THE BOWEL PREPARATION:

You will need to buy:

- Two 32 ounce bottles of Gatorade (no red or purple)
- One 8.3 ounce bottle of Miralax (can get this over-the-counter)
- One bottle of Magnesium citrate (over the counter, no red or purple)
- Two tablets of Bisacodyl (*Dulcolax*®) 5 mg

WHEN	WHAT TO DO	DETAILS
<i>At least <u>7 days</u> before your procedure</i>		
	<ul style="list-style-type: none"> <li>• If you take any medication for the purpose of being anti-coagulated, keeping your blood thin or preventing blood clots (ex: Warfarin, Plavix, Coumadin, Xarelto), you must contact the office to <u>Speak with a nurse</u> at least two weeks BEFORE your procedure, in order to receive careful instructions on how to manage your medications. <u>Aspirin does not need to be held.</u></li> <li>• Arrange for someone to drive you to and from your procedure</li> </ul>	<ul style="list-style-type: none"> <li>• The person who is escorting and driving you must be back on premises by 4 pm.</li> </ul>
<i><u>4 days</u> before</i>		
	<ul style="list-style-type: none"> <li>• Stop eating foods that are high in fiber, and do not resume high fiber foods until after your colonoscopy.</li> </ul>	<ul style="list-style-type: none"> <li>• <u>Examples of high fiber foods:</u> salads, corn, popcorn, green vegetables, brown rice, whole grain bread, beans, seeds, nuts</li> </ul>
<i><u>2 days</u> before</i>		
	<ul style="list-style-type: none"> <li>• Eat dinner by 9 pm. This dinner will be the last time you are able to eat solid food before your procedure.</li> </ul>	

<b><u>The day before</u></b>		
<b>All day</b>	<ul style="list-style-type: none"> <li>• When you wake up, start drinking ONLY clear liquids, (or clear liquids that are semi-solid, such as gelatin or popsicles) for the rest of the day. Avoid red or purple liquids</li> <li>• Drink 8 ounces of clear liquid for every hour that you are awake</li> </ul>	<ul style="list-style-type: none"> <li>• Do not eat any solid food</li> <li>• Clear liquid only, see list of clear liquids in this handout</li> <li>• Do not drink any alcohol</li> </ul>
<b>12:00 NOON</b>	<ul style="list-style-type: none"> <li>• Take two Bisacodyl (Dulcolax®) 5 mg tablets with at least one full glass (8 fl. oz.) of clear liquid</li> <li>• Drink entire bottle of magnesium citrate, followed by 2 glasses of water</li> <li>• Mix ½ (or 7 capfuls) of the Miralax bottle with <u>one</u> 32 oz bottle of Gatorade and refrigerate</li> </ul>	<ul style="list-style-type: none"> <li>• You may experience some abdominal cramping, as both of these laxatives are stimulants (they make your intestinal muscles contract). This is expected.</li> </ul>
<b>5:00p.m. - 6:00p.m.</b>	<ul style="list-style-type: none"> <li>• Drink the first bottle of Gatorade mixed with Miralax.</li> </ul> <p><i>Drink 8 oz. every 15-20 minutes until entire bottle is consumed</i></p>	<ul style="list-style-type: none"> <li>• Make the prep for early tomorrow by mixing the remaining (or 7 capfuls) Miralax with the <u>second</u> 32 oz bottle of Gatorade, and <u>refrigerate</u> this bottle</li> </ul>
<b>At bedtime</b>	<ul style="list-style-type: none"> <li>• Keep drinking clear liquids until bedtime</li> </ul>	<ul style="list-style-type: none"> <li>• You may need to use the bathroom during the night</li> </ul>
<b><u>The day of your colonoscopy</u></b>		
<b>4-5 hours before you are scheduled to arrive</b>	<ul style="list-style-type: none"> <li>• Drink the <u>second</u> 32 oz bottle of Gatorade with Miralax (<i>Drink 8 oz every 15 minutes until completed</i>)</li> <li>• You <u>can take your allowed</u> medications on the day of your procedure with small sips of water (see pg. 5 if you are taking diabetic medications)</li> </ul>	<ul style="list-style-type: none"> <li>• Do not eat or drink <u>anything</u> except your prep and small sips of water for your medications</li> </ul>
<b>3 hours before you are scheduled to arrive</b>	<ul style="list-style-type: none"> <li>• Finish drinking your prep</li> </ul>	<ul style="list-style-type: none"> <li>• Call your doctor's office if you have questions</li> </ul>

<p><b><u>Clear Liquids that are OK (the day before your procedure):</u></b></p> <ul style="list-style-type: none"> <li>✓ Water</li> <li>✓ Black coffee or tea</li> <li>✓ Sports drinks</li> <li>✓ Clear carbonated beverages and sodas</li> <li>✓ Lemonade, apple, white grape or white cranberry juice</li> <li>✓ Jello, popsicles, Fruit Ice</li> <li>✓ Hard candy, honey</li> <li>✓ Chicken and beef broth or bouillon</li> </ul>	<p><b><u>Things to Avoid:</u></b></p> <ul style="list-style-type: none"> <li>✗ Milk or dairy</li> <li>✗ Alcohol</li> <li>✗ ANY Red or purple liquid</li> </ul>
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## GENERAL INFORMATION:

- **Please arrive on time.** Allow extra time in your trip for weather, traffic and parking.
- **Medications:** Unless otherwise instructed, continue to take all of your usual medications on your regular schedule.
- **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.
- **Travel:** 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.

## 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 contact our office to speak with a nurse at least two weeks BEFORE your procedure because you may need to stop taking them for a few days before your procedure. Aspirin does not need to be held.
- If you take any insulin OR oral (pill) diabetic medications please refer to page 5.
- Continue all other medications unless otherwise instructed.
- 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 may require an **extended preparation** to ensure your colon is completely clean. Failure to do so may result in cancellation of your procedure, and the need to repeat the preparation.**

## 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. **You can NOT use public transportation - like bus, Lyft, or Uber.**

**IF YOUR APPOINTMENT IS IN THE AFTERNOON, YOUR DRIVER MUST BE ON PREMISES BY 4:00PM.**

## **Diabetic Medication Instructions**

**Oral Medications (pills):** The day before your procedure and the morning of your procedure do not take your oral diabetic pills.

### **Insulin:**

**Short Acting/Rapid Acting Insulin:** i.e., Novolin R, Novolog, Humulin R, Humalog, Novorapid.

- While on clear liquids, please do not take short acting insulin. On the day of the procedure, do not take the morning dose of your insulin.

**Intermediate/Long Acting Insulin:** Lantus, Levemir, Humulin N, Novolin N.

- While on clear liquids, decrease insulin dose by ½ your normal dose.
- For example: If you usually take Lantus 30 units each evening, you will reduce this to 15 units for the evening *before* the procedure (while on clear liquids).

**\*Do not take your morning dose of insulin the day of your procedure.\***

If you are unsure of how to adjust your diabetic medications, or would like to speak to a nurse regarding this, please contact the GI office at 585-275-4711.

If you have questions about these instructions, think you may be pregnant or need to cancel your appointment for any reason please call us at (585) 275-4711 between 8:00-4:30 pm Monday through Friday or reach out via MyChart.