



DIVISION OF COLORECTAL SURGERY

Larissa Temple, MD  
Gabriela Poles, MD  
Rabih Salloum, MD

Jenny R. Speranza, MD  
Lisa Cannon, MD  
Zhaomin Xu, MD

Christina Cellini, MD  
Fergal J. Fleming, MD

Office: 585-273-2727  
Fax: 585-276-2203

## Colonoscopy Extended Prep Instructions

**IMPORTANT** - Please read these instructions at least 2 WEEKS before your colonoscopy.

Failure to follow these instructions may lead to cancellation of your procedure.

If you have any questions please call: 585-273-2727 (Mon-Fri 8:30 am – 4:00 pm)

**\*Your time is subject to change, please be as flexible as possible.**

- \* If you have a **Pacemaker, Pacemaker/Defibrillator, Chronic Constipation, or are on Dialysis** you must call the office for additional instructions 585-273-2727.
- \* You must have a **COVID-19 test completed no earlier than 5 days and no later than 4 days prior to your colonoscopy**. Please go to any URMC Pre-Procedure Covid-19 Testing Sites from the list provided
  - o Recommended location: 158 Sawgrass Dr, Rochester NY 14620; Phone: 585-256-0473
- \* You must follow the prep instructions **EXACTLY** as they are written. This allows the Doctor to preform your colonoscopy properly.
- \* You must have an adult to drive you home from your colonoscopy. If you plan to take the bus or cab, you must have an adult ride with you. You cannot drive or work until the following day.
- \* Preparation Medications that must be purchased:
  - **One Miralax 238 Gram Bottle** (Generic name: Polyethylene Glycol)
  - **One package of Dulcolax LAXATIVE Tablets** (Generic name: Biscodyl) 4Tablets are needed.
  - **Two 28 -32 ounce Bottles of Gatorade or low sugar alternative G2** (No Red or Purple)
  - **One 10 fl. Oz Bottle of Magnesium Citrate**

## Medications

- \* **Blood thinners**- Such as Coumadin® (Warfarin), Plavix® (Clopidogrel), Ticlid® (Ticlopidine Hydrochloride), Agrylin® (Anagrelide), Eliquis® (Apixaban) or Aspirin. These medications must be **stopped**  3-5 days prior to your colonoscopy. **You MUST call the Doctor who ordered this medication to be sure this is possible.**
- \* **Do not take any Nonsteroidal Anti-inflammatory Drugs (NSAIDS)** 5 days before your procedure: Ibuprofen, Motrin, Aspirin, or Ketorolac.

### \* **Diabetic Patients**

**Pills:** Take  $\frac{1}{2}$  of your usual dose the day before and hold on the morning of your procedure.

**Insulin:** **Stop** your **Regular insulin** the day before and day of your procedure. **Continue** your normal dose of **Long Acting insulin** the day before and day of your procedure.

**Insulin Pumps:** Dosage will depend on recommendation of the Doctor who orders this medication for you.

## Preparing for your Colonoscopy

### **You must prepare for your Colonoscopy 4 days in advance:**

#### **The 4<sup>th</sup> and 3<sup>rd</sup> day before:**

- Stop Iron and Fiber supplements
- Avoid all:
  - Whole grain products (wheat, oatmeal, etc.)
  - Fruit skins
  - Vegetables (except potatoes)

#### **Two days before your Colonoscopy:**

- You will be on a clear liquid diet **the entire day** (see examples below). Be sure to drink plenty of fluids to stay hydrated.
- Starting at 2:00pm, drink the 10 oz. bottle of Magnesium Citrate **slowly**, over the course of 4 hours. Be sure to drink at least (5) 8oz glasses of clear caffeine free beverages during this time.

#### **One day before your Colonoscopy:**

- You will be on a clear liquid diet **the entire day** (see examples below). Drink plenty of clear fluids.
- At 4:00pm take all four Dulcolax tablets with water and continue drinking clear fluids.

#### **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 chill the prep in the refrigerator the day before your procedure.
- At 6:00pm the day before your procedure begin drinking Miralax/Gatorade mixture, 8 oz. every 15 minutes until finished with all of the mixture (2 bottles).

#### **If your procedure is in the afternoon (12:00-4:30):**

- Mix  $\frac{1}{2}$  the contents of Miralax with **one** 32 oz. bottle of Gatorade the day before your procedure and shake until dissolved completely.
- At 6:00pm the day before your procedure begin drinking Miralax/Gatorade mixture.
- Drink 8 oz. every 15 minutes until 32 oz. of mixture is finished.

- At 7:00am (**day of procedure**) mix the remaining contents of Miralax with the **2<sup>nd</sup> bottle** of Gatorade and drink 8oz every 15 minutes until finished.

**Day of Procedure:**

You can NOT eat/drink anything **2 hours** prior to appointment.

**Examples of Clear Liquid Diet****YOU CAN HAVE:**

- Clear Soda (Ginger Ale, Sprite, 7-up)
- Gatorade / PowerAde® (**NO Red or Purple**)
- Chicken / Beef Broth (Without food particles)
- Jell-O® (**NO Red or Purple**)
- Popsicles (**NO Red or Purple**)
- Lemonade (**NO Pulp**)
- Kool-Aid (**NO Red or Purple**)
- Vitamin Water (**NO Red or Purple**)
- Clear Juice  
(Apple, White Cranberry, White Grape)
- Black Coffee / Tea  
(Sugar okay, **NO Milk or Creamer**)

**YOU CANNOT HAVE:**

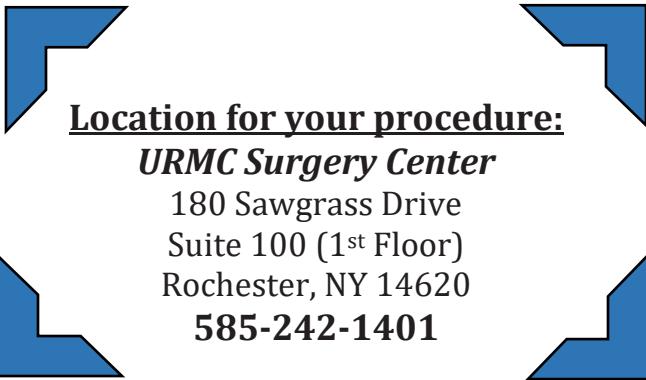
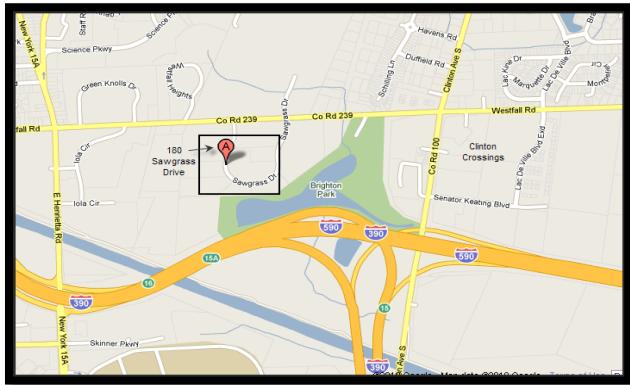
- Solid Food
- Red, Green or Dark Soda
- Grape, Grapefruit, or Orange Juice
- Cream Soups
- Alcohol
- Fudgesicles
- Fruit Juice with Pulp
- Yogurt or Pudding
- Milk or Milk Products

**IMPORTANT:**

- \* Failure to follow these instructions may lead to cancellation of your procedure.
- \* A Colonoscopy is generally a safe procedure; there is a small chance of developing complications that may not be identified for up to one week or later.
- \* Please do not plan on traveling for at least 48 hours following your Colonoscopy.
- \* A copy of your Colonoscopy report will be sent to your primary care and/or referring physician.

**HELPFUL HINTS**

- \* Remove and leave **ALL** jewelry at home.
- \* Leave all **valuables** at home.
- \* Bring your **photo ID and insurance card**.
- \* Plan on being at the Surgery Center for *at least 90 minutes*. Although your physician tries their best to stay on time, sometimes issues do arise resulting in a delay of your start time. We appreciate your flexibility and will do our best to avoid any delays.
- \* A nurse will call you to review your health history and medications prior to the procedure
- \* Flushable moist wipes can help with soreness from frequent bowel movements
- \* We strongly encourage your ride to remain on site for the length of your procedure so they are able to speak with the provider performing the procedure.



### **Location for your procedure:**

## *URMC Surgery Center*

180 Sawgrass Drive  
Suite 100 (1<sup>st</sup> Floor)  
Rochester, NY 14620

**585-242-1401**

## Directions to 180 Sawgrass Drive, Rochester NY 14620

## Coming from the North

Take interstate 390 **South** to (exit 16B) route NY-15A/East Henrietta Road, turn **Left** onto East Henrietta Road. Turn **Right** onto Westfall Road. Turn **Right** at the traffic light onto Sawgrass Drive and continue around the circle, we are on the **Left**.

## Coming from the South

Take interstate 390 **North** to (exit 16) route NY-15A/East Henrietta Road, turn **Right** onto East Henrietta Road. Turn **Right** onto Westfall Road. Turn **Right** at the traffic light onto Sawgrass Drive and continue around the circle, we are on the **Left**.

## Coming from the East

Take interstate 90 **West** to (exit 46) interstate 390 **North**; exit 390 North at (exit 16) route NY-15A/East Henrietta Road. Turn **Right** onto East Henrietta Road. Turn **Right** onto Westfall Road. Turn **Right** at the traffic light onto Sawgrass Drive and continue around the circle, we are on the **Left**.

## Coming from the West

Take interstate 90 **East** to (exit 46) interstate 390 **North**; (exit 16) route NY-15A/East Henrietta Road. Turn **Right** onto East Henrietta Road. Turn **Right** onto Westfall Road. Turn **Right** at the traffic light onto Sawgrass Drive and continue around the circle, we are on the **Left**.