

**DIVISION OF COLORECTAL SURGERY**

Larissa Temple, MD  
Christina Cellini, MD  
Rabih Salloum, MD

Gabriela Poles, MD  
Fergal J. Fleming, MD  
Zhaomin Xu, MD

Lisa Cannon, MD      Office: 585-273-2727  
Jenny Speranza, MD      Fax: 585-276-2203


**Colonoscopy 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 UPMC Pre-Procedure Covid-19 Testing Sites from the list provided
  - 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 perform 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: Bisacodyl) 4 Tablets are needed.
  - ***Two 28- 32 ounce Bottles of Gatorade or low sugar alternative G2*** (No Red or Purple)

## 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 ½ 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.

***Test your blood glucose often!***

## Preparing for your Colonoscopy

### One Day before your Colonoscopy:

- \* **No Solid Foods, the ENTIRE DAY BEFORE your colonoscopy.**
- \* **You will be on a Clear Liquid Diet the ENTIRE DAY BEFORE your colonoscopy.**
- \* **Prepare drink mixture (Miralax/Gatorade). Mix ½ the contents of Miralax into each bottle of Gatorade and shake until the mixture is dissolved completely. (chill in fridge if desired)**

### 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:

- 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
- Solid Foods



**If your procedure is in the MORNING (8:30 am-11:45 am)**

1. The day before your procedure, at 4:00 pm take all four Dulcolax tablets with water and continue drinking fluids
2. The day before your procedure around 6:00 pm, begin drinking entire Miralax/Gatorade mixture.
3. Drink 8 oz. every 15 minutes until finished with all of the mixture (2 bottles).
4. You can continue to drink clear liquids up until 2 hours prior to your procedure.
5. Do not drink anything, not even water 2 hours prior to your procedure

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

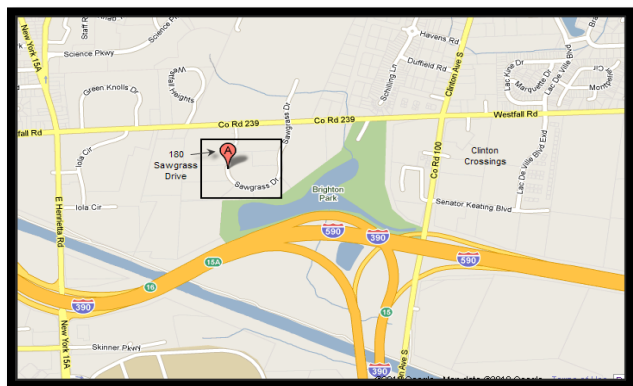
1. The day before your procedure, at 4:00 pm take all four Dulcolax tablets with water and continue drinking fluids
2. The day before your procedure at 6:00 pm, begin drinking **1<sup>st</sup> half** of Miralax/Gatorade mixture.
3. Drink 8 oz. every 15 minutes until 1st bottle of mixture is consumed.
4. The morning of your procedure at 7 am drink the **2<sup>nd</sup> half** of Miralax/Gatorade mixture, 8 oz. every 15 minutes until finished.
5. Do not drink anything, not even water 2 hours prior to your procedure.

**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 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 Sawgrass Surgical Center****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**.