

**DIVISION OF COLORECTAL SURGERY**

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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 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

Diabetic Pills: Take ½ of your usual dose the day before and hold on the morning of your procedure.

Diabetic Insulin: **Stop** your **Regular insulin** the day before and the day of your procedure.

Continue your normal dose of **Long-Acting insulin** the day before and the 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 NO 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 **1st 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 **2nd 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.

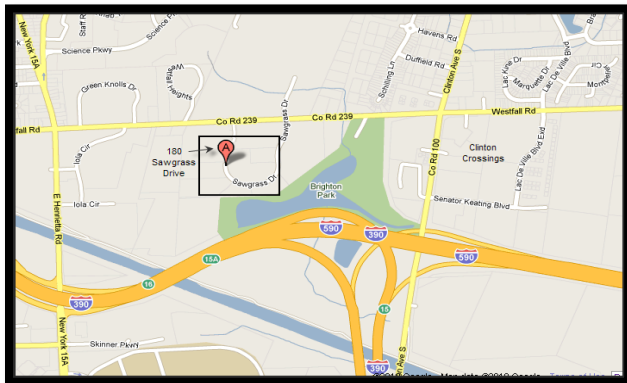
A Colonoscopy is generally a safe procedure; there is a small chance of developing complications that may not be identified for up to one week or later.

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:
 URM Surgery Center
 180 Sawgrass Drive
 Suite 100 (1st 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