



DIVISION OF COLORECTAL SURGERY

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Colonoscopy with Anesthesia Prep Instructions

Name: _____ Date & Time: _____ Physician: _____

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 URM C 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 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: Biscodyl) 4Tablets 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. **Do not drink anything, not even water 6 hours prior to your procedure.**

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

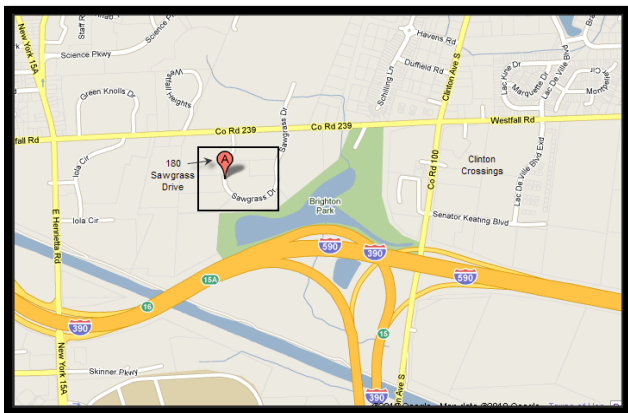
1. The day before your procedure, at 4:00 pm take all four Dulcolax tablets with water and continue drinking fluids
2. The day before your procedure at 6:00 pm, begin drinking **1st half** of Miralax/Gatorade mixture.
3. Drink 8 oz. every 15 minutes until 1st bottle of mixture is consumed.
4. The morning 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 6 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 (1st 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**.