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COLONOSCOPY – Afternoon Instructions

ENDOSCOPY SUITE. 6 Wellness Way, West Entrance, Suite G04, Latham, New York 12110

Patient Name: _____

Arrival time: _____ Day: _____ Date: _____

Expect to be at the facility at least 90 minutes.

You need a ride; you will be sedated and not allowed to drive.

For better colonoscopy preparation results: Please eat lightly several days prior. You will need to purchase MiraLAX and Stool softener over the counter.

PURCHASE AT THE PHARMACY: (4) 5mg tablets of Dulcolax and a 238g bottle of Miralax powder or any generic brand, along with 64 ounces of Gatorade. NO RED, ORANGE, or PURPLE. Another color is allowed. If you don't like Gatorade you can use 64 oz of Water or 64 oz of Crystal Light.

ONE WEEK PRIOR TO PROCEDURE: Do not take any iron pills or medications that cause bleeding. These include PLAVIX, XERALTO, COUMADIN, Aspirin, Percodan, and Alka-Seltzer. You must stop Advil, Motrin, Nuprin, Naproxen, Sulindac, Clinoril, Piroxicam, Feldene, Indomethacin, Indoein, Diclofenac, Voltaren,

Tylenol and other brands of Acetaminophen are SAFE TO USE.

The night prior take (2) 5mg dulcolax tablets at bedtime.

Afternoon appointments: After 12 noon

At 5 to 6 am, take 2 tablets of Dulcolax, laxative pill with water by mouth.

At 7 am start drinking the Gatorade/ MiraLAX solution. Drink 8-ounce glass every 10 minutes until completed. Make sure you finish by 10 am.

You may continue to drink clear liquids up to 2 hours before the time of your exam.

DO NOT EAT ANY FOOD.

DO NOT EAT UNTIL AFTER YOUR PROCEDURE. NO MEDICATION DAY OF THE PROCEDURE UNLESS DIRECTED BY THE DOCTOR UNTIL AFTER THE PROCEDURE.

Your procedure is on the ground floor at 6 Wellness Way, West Entrance, Suite G04.

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