

Capital Region Gastroenterology

6 Wellness Way, Suite G03 • Latham, NY 12110
Phone: (518) 271-9155 • Fax: (518) 271-9173



Arbind Kumar, MD, FACP, FACG
Jency Samuel, FNP-C

Patient Name: _____

Samaritan Hospital, 2215 Burdett Avenue Troy, NY Main Entrance, 1st Floor, Endoscopy Suite

CCP Interventional and Endoscopy Suite, 6 Wellness Way, West Entrance, Suite G04, Latham, NY 12110

Arrival Time: _____ Day: _____ Date: _____

EXPECT TO BE AT THE FACILITY FOR APPROXIMATELY 90 MINUTES.

For a better colonoscopy preparation and results, please eat lightly 2-3 days prior and take over-the-counter stool softeners 2-3 days prior.

Purchase at the Pharmacy: (4) 5mg Dulcolax tablets, a 238gram bottle of MiraLAX powder, and 64oz of Gatorade. No purple, Orange, or Red. Or 64 oz of Crystal Light or 64 oz Water. (Your choice)

If you take Seizure medications, do not stop taking them. Take with a small sip of water.

DO you take any iron pills or medications that cause bleeding? These include: Plavix, Xarelto, Coumadin, Tylenol, and or other brands of Acetaminophen. Please tell the physician; you may need to stop these prior to your procedure.

ONE DAY PRIOR TO YOUR PROCEDURE: Have a light breakfast (1 egg and a 1 piece of toast), then start a clear liquid diet that consists of the following:

CLEAR LIQUID DIET: NO FOOD OR MILK or CREAM ALLOWED DURING PREP

LIQUIDS: Clear Broth or Consommé.

BEVERAGES: Tea, coffee, decaf tea/coffee, Kool-Aid, carbonated beverages.

JUICES: Cranberry, Apple, Grape, Strained Lemonade, or limeade.

DESSERTS: Italian Ice, Popsicles, Jell-O (Except for Red, Orange, or Purple colors).

AT 3:00 PM, take 2 Dulcolax tablets (stool softeners)

AT 5:00 PM, mix the 238-gram bottle of MiraLAX into the 64 oz of Gatorade, Water, or Crystal Light.

Shake the solution well until dissolved, and then start drinking 8oz every 30 minutes until gone. Stay close to the bathroom, diarrhea will begin and last several hours. You may drink liquid up until midnight.

ON THE DAY OF THE PROCEDURE: DO NOT DRINK OF EAT ANYTHING. No medication unless directed by the doctor until after the procedure.

NO DRIVING: You cannot drive; use a taxi or bus after the procedure. You must be accompanied by an adult; if this is not followed, your procedure will be cancelled. If you have polypectomy or biopsy, you should not take aspirin products one week after your colonoscopy. Your driver should stay in a 15-mile radius.

Driver and Transportation policy following Sedation.

CCP Endoscopy and Surgical Suite

How long will my appointment take?

To assure you the best care possible, please expect your stay to be under 2 hours total.

This time includes arriving no later than 45 minutes prior to the appointment time given to you by the physician's office. Arriving at your appointment start time means that the patient scheduled ahead of you will go before you.

Your driver will be brought in to sit with you after your procedure is completed.

Procedure time typically runs from 20 minutes to 45 minutes.

Recovery time is 30 minutes to 45 minutes.

As this is a brief amount of time, your driver is encouraged not to leave the building. If they must leave, they should not be more than 10 minutes away. Please encourage your driver to answer the phone if they do not recognize the number.

Who CANNOT be my responsible driver?

Taxi drivers (this includes Medicare/Medicaid or other insurance provided transportation).

Uber, Lyft, and any type of ride share arrangement.

Bus or shuttle drivers.

Those under 18 years old and/or do not have a valid driver's license (no learners permit allowed).

PLEASE NOTE: If the person responsible for your care following your sedation does not drive, then the use of any of the above is permitted. This person must accompany you to and from your procedure and is not to leave the building.

What are the responsibilities of my driver?

Your driver needs to be easily available when your procedure is complete, and the physician is ready to review results.

If you are not comfortable with your driver receiving results, that is fine. Please remember that once you receive sedation, your recall will be impaired. Written discharge information will go home with you. Your driver must sign your paperwork as you cannot legally do so following sedation.

Your driver needs to be a friend or family member who you are comfortable enough to have sign your discharge directions. Discharge directions will contain basic information regarding findings for your after care.

Failure to follow these instructions will result in the cancelation of your procedure.