

You are scheduled to have a colonoscopy examination at Cayuga Medical Center or Surgicare on _____ you should arrive at _____. Dr. _____ will be performing the procedure. On average, you will be ready for discharge within 2 hours.

Because you will receive sedation, you will need someone with you to drive you home. If you do not have arrangements for someone else to drive you home we will be unable to administer sedation for this procedure. It is best if the driver is someone you are comfortable with having heard the preliminary procedure report, as you may not remember it clearly. At times it will be necessary for a follow-up office visit to discuss results and long term changes to your treatment. If you have questions call our Scheduling Department at 272-5011.

**To pre-register please call (607) 274-4353 24-48 hours prior to the day of your procedure.*

INSTRUCTIONS FOR YOUR BOWEL PREPARATION WITH MIRALAX/GATORADE

PREPARATION FOR THE PROCEDURE:

- Eliminate high fiber and whole grain foods, nuts and seeds in your diet during the three days leading up to your colonoscopy. In addition, discontinue iron, and bulking agents like Metamucil, Citrucel, Psyllium, and FiberCon during those three days leading up to your colonoscopy.
- *If you are on Coumadin, Warfarin, Plavix, clopidogrel bisulfate (blood thinners), check with your physician regarding stopping medication prior to the procedure. Check with your physician before taking any over the counter medication that may contain aspirin.*
- Diabetics on insulin will get individualized instruction.
- Other regular medications can be taken normally in the days leading to the procedure.
- Because the sedative medications remaining in your system after the procedure can slow your reaction times, it is our policy that you must have someone else drive you home after the procedure. If the person driving you does not remain at the hospital, they must be within 15 minutes distance and the nurse will notify them when you are almost ready to leave. Plan ahead to make arrangements for your transportation. You will be asked not to drive for 12 hours after the sedation. Most people feel tired after being sedated, so rest is recommended. You will be able to eat normally after the colonoscopy. You may resume regular activity the next day.

ITEMS NEEDED:

- Four **Dulcolax** bisacodyl laxative tablets (**not the stool softener or the suppository**)
- One **238 gram bottle of Miralax** or generic equivalent
- One 64 oz. bottle of **Gatorade** (no red or purple flavors).

COLONOSCOPY PREP INSTRUCTIONS:

THE DAY BEFORE THE EXAM:

Drink *only clear liquids* for breakfast, lunch, and dinner, Solid foods, milk or milk products are *not* allowed. *Clear liquids* include all of the following that are *not colored red or purple*: strained fruit juices without pulp (apple, white grape, white cranberry, lemonade, etc), water, clear broth or bouillon (vegetable, chicken, beef), coffee or tea (without milk or nondairy creamer), Gatorade®, carbonated and non-carbonated soft drinks, Kool-Aid® (or other fruit flavored drinks), plain Jello® (without added fruit or toppings), and ice Popsicles®.

- 3:00pm, take the 4 Dulcolax tablets.
- 5:00pm, mix the bottle of Miralax in 64 oz. of Gatorade using a separate container. Shake or stir the solution until the Miralax is dissolved.
- Drink **2/3** of the Miralax/Gatorade solution. Drink steadily by the 8 oz glass until gone. If you become nauseated or bloated while drinking the Miralax prep stop the prep for a few minutes and then resume. (Place remaining solution in the refrigerator overnight.)
- You should continue to drink clear liquids (*see definition above*) until bedtime.
- You may feel fullness, cramping, or nausea after starting the laxatives. (Drinking a carbonated beverage may help you from becoming nauseated after drinking the laxative)
- Diarrhea usually begins in 1-2 hours and becomes clear of solid materials in 4-5 hours.
- You should continue to drink clear liquids up until 2 hours prior to your procedure at which time you should not consume any additional clear liquids.

DAY OF THE PROCEDURE:

- 6:00 AM (OR 3 HOURS BEFORE YOU LEAVE FOR YOUR EXAM): Take the remaining 1/3 of the Miralax/Gatorade solution just as you did the evening before. Continue to drink clear liquids up to 2 hours before your procedure.
- After completing the prep wait 30 minutes, then take your morning blood pressure or cardiac medications; bring your other usual morning medications to take after the procedure.

AFTER THE PROCEDURE:

1. Resume your regular diet unless otherwise instructed. Initially plan to eat lightly at home. Going to a restaurant is not recommended.
2. Resume your regular medications unless instructed otherwise.
3. No driving or operating machinery or making major decisions should be considered for the rest of that day.
4. If you had polyps removed, plan no trips outside the country or to remote locations for 14 days as continuing care may be needed. On average one patient per year requires hospital attention following colonoscopy.

PLEASE NOTE: Certain insurance companies may consider the above service as a surgical procedure. Please contact your insurance carrier for coverage information. *Precertification may be required.*