



Albany Gastroenterology Consultants, P.C.

YOUR PROCEDURE IS SCHEDULED AT:

- ___ ENDOSCOPY CENTER - 1375 Washington Avenue, Albany (2nd Floor, Suite 201)
- ___ ST. PETER'S HOSPITAL - 315 South Manning Boulevard, Albany (4TH Floor, Ambulatory Surgery)
- ___ ALBANY MEMORIAL HOSPITAL - 600 Northern Boulevard, Albany (Main Entrance – Outpatient Registration)
- ___ ALBANY MEDICAL CENTER – 47 New Scotland Avenue, Albany (Outpatient Registration)

PATIENT NAME: _____ PHYSICIAN: _____

PROCEDURE DAY/DATE: _____

PROCEDURE TIME: _____ ARRIVAL TIME: _____

PREPARED BY: _____ Ext. _____

Preparation Instructions: Colonoscopy with Miralax

Preparation

AFTERNOON PREP (11:00 am-3:00pm)

*Please remember to arrange for a responsible adult to be with you during the procedure. If you do not have a responsible adult driver your, procedure will be cancelled and rescheduled. Review the preparation schedule below for the days preceding your colonoscopy. If you need further assistance, please call (518) 438-4483.

*If you have a change in insurance prior to your procedure, you must notify the office immediately.

<u>1 Week Prior</u>	<u>3 Days Prior</u>	<u>2 Days Prior</u>	<u>1 Day Prior</u>	<u>Day of Procedure</u>
<p>Purchase the following:</p> <ul style="list-style-type: none"> • Miralax, 238g bottle (or 2 bottles of 119 grams each) • Dulcolax Laxative, 4 tablets • 64 oz Crystal Light (not red or purple) or white grape juice, white cranberry juice, or Gatorade (not red or purple). • Assorted clear liquids • <u>OPTIONAL-for sore bottom:</u> • Plain or Aloe Baby Wipes • Desitin or A&D Ointment <p>Arrange for a responsible adult to stay with you and take you home post-procedure.</p> <p>If you take fiber supplements, vitamins or medications containing iron or fish oil, discontinue those 7 days before your procedure.</p> <p>If you are an INSULIN DEPENDENT DIABETIC, you must notify this office when you schedule your procedure. You may continue your “baby” or regular aspirin. Let us know if you are on Plavix, Coumadin or Lovenox. STOP taking these medications:</p> <p>_____</p> <p>_____</p>	<p>Begin low fiber diet – AVOID nuts, seeds, popcorn and corn. Stop consuming all high-fiber foods.</p> <p>Last chance to cancel appointment. Our office requires a minimum of 48 hours notice when canceling or rescheduling a procedure. Please call our office if you need to reschedule your appointment: 518-438-4483</p> <p>YOUR BOWEL PREP IS EXTREMELY IMPORTANT!</p> <p>IT IS VERY IMPORTANT TO HAVE A ‘CLEAN’ COLON SO THAT YOUR DOCTOR MAY VISUALIZE ANY ABNORMALITIES!</p>	<p>Drink at least 8 large glasses of water or any other clear liquid throughout the day while on a low fiber diet.</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Low Residue Breakfast – eggs any way except fried, cereals except whole grain and barley, white or seedless rye toast with butter or margarine, bananas, applesauce, peaches/pears without skin, juice without pulp, coffee, tea.</p> <p>Following breakfast - CLEAR LIQUIDS ONLY THE REMAINDER OF THE DAY - Includes: Water, broth, bouillon, consomme, coffee or tea without milk or creamer, Gatorade, soft drinks, juices (no pulp), Italian ices, popsicles, Jell-O (not red or purple).</p> <p>Drink at least 8 large glasses of water or any other clear liquid throughout the day.</p> <p>3pm: Take the 4 Dulcolax laxative tablets with 8oz water. Thoroughly mix 119 grams of Miralax with 32 oz. of a clear liquid (not red or purple) and refrigerate.</p> <p>6pm: Drink 8oz of solution every 20-25 minutes until the solution is gone.</p> <p>Keep drinking clear liquids until bedtime.</p> <p>Mix the remaining 119 grams of Miralax with 32 oz. of a clear liquid (not red or purple) and refrigerate until you complete the 2nd portion of your prep (see Day of Procedure).</p> <p>If you experience nausea or vomiting take a 15-30 minute break, then continue drinking preparation solution at a slower rate. After your prep, the results should appear <u>clear yellow</u> or <u>clear green liquid</u> with <u>no solid matter</u>. If not, call the office: 518-438-4483.</p>	<p>At _____ a.m. (six hours before your scheduled procedure) drink 8 oz of the remaining 119 grams Miralax mixed with 32 oz of clear liquid (not red or purple) every 20-25 minutes until the solution is finished.</p> <p>You may take your essential morning medications unless otherwise directed by your physician. Limit liquids to a few small sips to take your meds.</p> <p>DO NOT DRINK LIQUIDS FOR TWO HOURS PRIOR TO YOUR PROCEDURE.</p> <p>Arrive one hour before scheduled procedure time.</p> <p>NO DRIVING – You must have a responsible adult to assist you in getting home. You cannot drive. If you do not have a responsible adult to assist you in getting home, your procedure will be canceled. Do not drive, operate machinery which requires alertness, or sign legal documents for 24 hours after the procedure, then only if you feel alert, i.e. no dizziness or drowsiness.</p> <p>Biopsy results: Please call our office if you have not heard from us within 10 business days of your procedure.</p>