



# Albany Gastroenterology Consultants, P.C.

YOUR PROCEDURE IS SCHEDULED AT:

- \_\_\_ ENDOSCOPY CENTER - 1375 Washington Avenue, Albany (2<sup>nd</sup> Floor, Suite 201)
- \_\_\_ ST. PETER'S HOSPITAL - 315 South Manning Boulevard, Albany (4<sup>TH</sup> 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-Three day prep

\*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.

1 Week Prior	3 Days Prior	2 Days Prior	1 Day Prior	Procedure Day
<p>Purchase the following:  <b>One (1) 10 oz. bottle of Citrate of Magnesia (not red or purple)</b>  <b>Miralax, 238g bottle</b>  <b>Dulcolax Laxative, 6 tablets</b>  <b>64 oz Crystal Light (not red/purple) or white grape juice, white cranberry juice, Gatorade (not red/purple), or other clear liquid</b>  <u>*OPTIONAL-for sore bottom:</u>  <b>Plain or Aloe Baby Wipes</b>  <b>Desitin or A&amp;D Ointment</b>            *Arrange for a responsible adult to stay with you and take you home post-procedure.            *If you take fiber supplements, vitamins or medications containing <b>iron or fish oil</b>, discontinue those <b>7 days</b> before your procedure.  <b>*If you are an INSULIN DEPENDENT DIABETIC, you must notify the office when you schedule your procedure.</b>             *You may continue your “baby” or regular aspirin. <b>Let us know if you are on Plavix, Coumadin or Lovenox.</b> STOP taking these</p>	<p><b>AVOID nuts, seeds, popcorn and corn.</b></p> <p><b>BEGIN Low Residue Diet (see attached sheet)</b></p> <p><b>Last chance to cancel appointment. Our office requires a minimum of 48 hours notice when canceling or rescheduling a procedure.</b> Please call our office if you need to reschedule your appointment: 518-438-4483</p> <p><b>YOUR BOWEL PREP IS EXTREMELY IMPORTANT!</b></p> <p><b>IT IS VERY IMPORTANT TO HAVE A ‘CLEAN’ COLON SO THAT YOUR DOCTOR MAY VISUALIZE ANY ABNORMALITIES!</b></p>	<p><b>BEGIN full liquid diet:</b> Includes: milk, plain ice cream, strained cream soups, fruit and vegetable juices, hot cereals, plain puddings, plain flavored yogurt (no “fruit on the bottom”) and clear liquids at noted in the next column.</p> <p><b>8 p.m.:</b> Take 2 Dulcolax tablets with an 8 oz. glass of water or any other clear liquid.</p> <p><b>10:00 p.m.:</b> Drink one 10 oz bottle of Magnesium Citrate (<b>not red</b>).</p> <p><b>Continue full liquids until bedtime.</b></p>	<p><b>BEGIN clear liquid diet:</b> Includes: Water, broth, coffee or tea without milk or creamer, Gatorade, soft drinks, juices (no pulp), Jell-O, popsicles, or Italian Ice (<b>except red or purple</b>).</p> <p><b>Drink at least 8 large glasses of water or any other clear liquid throughout the day.</b></p> <p><b>3 p.m.:</b> Take 4 Dulcolax tablets with 8 oz clear liquids. Thoroughly mix Miralax powder with 64 ounces of Gatorade (<b>not red or purple</b>) or other clear liquid. Stir or shake well. Refrigerate.</p> <p><b>5 p.m.:</b> Drink an 8 ounce glass of the solution every 15 minutes until the solution is finished.</p> <p><b>If you experience nausea or vomiting, take a 15 to 30 minute break, and then continue drinking solution perhaps at a slower rate.</b></p> <p><b>Continue drinking clear liquids until bedtime.</b></p> <p><b>ALERT:</b> After your prep, the results should appear <b>clear yellow or clear green liquid with no solid matter.</b> If not, please call the office: 518-438-4483</p>	<p>You are <b>NOT</b> to have anything to drink for 6 hours prior to your procedure. You may take your essential morning medications unless otherwise directed by your physician. <b>Limit liquids to a few small sips to take your meds.</b></p> <p><b>Arrive one hour before scheduled procedure time.</b></p> <p><b>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, the procedure will be canceled.</b></p> <p><b>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.</b></p> <p><b>Biopsy results:</b> Please call our office if you have not heard from us within <b>10 business days</b> of your procedure.</p>