

Locations:

☐ Herbert Irving Pavilion
161 Fort Washington Avenue, NYC
Endoscopy Suite: 13th Floor

☐ 1111 Westchester Avenue, White Plains
Endoscopy Suite: 4th Floor

☐ 51 West 51st Street, NYC
Endoscopy Suite: 2nd Floor

☐ Allen Hospital, 5141 Broadway, NYC
Endoscopy Suite 1st Floor

Physician's Name: _____

Procedure Date: _____ The time of your colonoscopy will be given to you 48 hours before your colonoscopy appointment.

- If you have questions about your colonoscopy or preparation, call 212-305-1021 Monday-Friday (excluding holidays) 9:00 a.m. – 5:00 p.m.
- If you are calling Monday-Friday after 5:00 p.m., during the weekend, or on a holiday, an on-call doctor will return your call. If not urgent, you will get a call back the next day.
- If you need to reschedule your colonoscopy for any reason, please call 212-305-1021 as early as possible.

MIRALAX PREPARATION FOR COLONOSCOPY

This procedure allows an examination of the entire colon or large bowel. It is designed to screen for colon cancer, and to help explain symptoms such as bleeding or diarrhea. It permits the taking of biopsies and sometimes the removal of polyps if any are found. In order to be successful, the colon must be cleaned and this requires the use of a special preparation.

- If you have diabetes or are taking medicine for weight management, **make arrangements beforehand:**
 - Usually, if long-acting insulin is taken at bedtime, the dose taken on the night before the procedure is halved.
 - If you take Liraglutide (Victoza, Saxenda) Exenatide (Byetta) or Semaglutide oral tablet (Rybelsus), stop this medication on the day of the procedure. **Please alert the office, as the recommended preparation instructions may change.**
 - If you take Dapagliflozin (Farxiga), Empagliflozin (Jardiance), or Canagliflozin (Invokana), stop this medication 3 days before your scheduled procedure.
 - If you take Ertugliflozin (Steglatro), stop this medication 4 days before your scheduled procedure.

- If you take Dulaglutide (Trulicity), Exenatide (Bydureon BCise), Tirzepatide (Mounjaro) or Semaglutide (Ozempic, Wegovy), skip the dose in the week before your procedure. **Please alert the office, as the recommended preparation instructions may change.**
- **If you have a cardiac defibrillator (AICD) or a permanent pacemaker (PPM) or any current cardiac problems** we need a letter from your cardiologist at least 1 week before your colonoscopy. Cardiac problems include any history of heart attack, chest pain, difficulty breathing or fainting episodes.
 - If you have a Permanent Pacemaker (PPM) we need an interrogation report within 12 months.
 - If you have a Cardiac Defibrillator (AICD) we need an interrogation report within 6 months.
- If you are taking Plavix, Effient, Ibuprofen, Coumadin, Xarelto, Eliquis, or iron, please call the office to make specific arrangements in advance. Iron should ideally be discontinued one week prior to the procedure. Blood thinners (such as Coumadin and Xarelto) and antiplatelet medications (such as Plavix) are sometimes discontinued, depending on the specific circumstances. If you take aspirin, you can continue taking it without interruption.
- **You must arrange to have someone accompany you after the procedure. Sedation will be used and you will not be allowed to go home unattended. Hospital regulations require that you be accompanied home after the procedure.**

One Week Before Procedure

Pick up the following from your pharmacy:

- Three 28 or 32 oz bottles of Gatorade* (any color except red)
- * People with diabetes should use Gatorade G2 (low sugar) or Gatorade Zero (no sugar)
- One 510g bottle of MiraLAX (or generic) equal to 30 doses
- Box of chewable Gas-X (simethicone) tablets

Day Before Procedure:

You may have a **low-residue** breakfast and lunch, up until 2PM:

Permitted low-residue foods include cheese, eggs, milk, white bread, olive oil/butter, beef, chicken, fish, white rice, vanilla ice cream, plain/vanilla yogurt, broth, soda, coffee, or tea, or jello (**no red jello or liquids**).

Avoid the following foods: popcorn, seeds, nuts, corn, multigrain bread, salad, raw and dried fruits, berries, kiwi, broccoli, cauliflower, Brussels sprouts, cabbage.

After 2:00PM, you can have **clear liquids**. Permitted liquids are: coffee/tea (no milk/cream), water, apple or white grape juice, broth, ginger ale, and jello (**no red jello or liquids**)

5:00PM: mix 7 doses (119g total) of MiraLAX in a bottle of Gatorade and drink over 1 hour.

- Chew 1 Gas-X tablet before the dose Gatorade/MiraLAX

9:00PM: mix 7 doses (119g total) of MiraLAX in a bottle of Gatorade and drink over 1 hour.

- Chew 1 Gas-X tablet before the dose of Gatorade/MiraLAX

Day of the Procedure:

Take your regular morning medications with a cup of water.

You may have an early-morning **clear liquid breakfast** (finish before you start the second half of the preparation). Permitted liquids are: coffee/tea (no milk/cream), water, apple or white grape juice, broth, ginger ale, and jello (**no red jello or liquids**)

Five hours before your scheduled arrival time:

- Mix 7 doses (119g total) of MiraLAX in a bottle of Gatorade and drink over 1-2 hours.

Arrival Time (example)	START drinking your remaining prep at:	Finish drinking entire prep by:
6 am	1 am	3 am
7 am	2 am	4 am
8 am	3 am	5 am
9 am	4 am	6 am
10 am	5 am	7 am
11 am	6 am	8 am
12 pm	7 am	9 am
1 pm	8 am	10 am
2 pm	9 am	11 am

Do not eat or drink anything after finishing the final step of the preparation. If you have anything (even water, mints, candy or gum) in the two hours before the procedure, the procedure will be delayed or canceled.

What to Expect on the Day of Your Colonoscopy

A colonoscopy is a medical procedure in which your doctor examines your colon and parts of your small intestine using a special camera attached to a flexible tube passed through your anus. During your colonoscopy your doctor will look at the walls of your colon to see if there are any problems that require treatment.

When you arrive, you will be asked to register and sign several forms. You also have the option to check-in online through MyChart. You will need to state and spell your name and date of birth to verify your identification.

After changing into a hospital gown, a nurse will place an intravenous (IV) catheter in your arm. An anesthesiologist will review your medical history. Your doctor will explain the procedure in more detail including any risks and answer any questions you have.

You will be brought into the procedure room and attached to equipment that will monitor your heart, breathing, and blood pressure. You will receive oxygen through your nose. You will be given anesthesia through your IV, which will make you fall asleep. The doctor will use a scope to examine your colon. If polyps are found, your doctor will remove them and send them to the lab. Usually, the colonoscopy is painless.

After Your Colonoscopy in the Recovery Room

You will wake up in the recovery room. Some people may feel bloated or have stomach cramps after a colonoscopy. This is normal and goes away by passing gas.

Once you are fully awake, your nurse will remove your IV. Your doctor will then discuss your colonoscopy results with you. Your nurse will explain your discharge instructions before you go home. Your escort will then take you home.

At Home

If you had a biopsy, you may notice a few drops of blood coming from your rectum. This is normal after a biopsy.

Please do not drink alcoholic beverages for 24 hours after your colonoscopy. Avoid carbonated beverages, raw fruits, and salads for your first meal after your colonoscopy. You may resume your normal diet and activities the next day.