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INSTRUCTIONS FOR COLONOSCOPY *SPLIT* PREP WITH MIRALAX, DULCOLAX & GATORADE

Name _____ Procedure _____

YOU HAVE BEEN SCHEDULED FOR THE ABOVE EXAMINATION BY DR. _____

PLEASE REPORT TO:

Rochester Gastro. Assoc.
115 Canal Landing Blvd. Ste. 110
Rochester, N.Y. 14626
Tel: (585) 227-1080

Unity Hospital Endoscopy Center
1555 Long Pond Road
Rochester, NY 14626
Tel: (585) 723-7119

Rochester Gastro. Assoc.
20 Hagen Dr., Ste. 330
Rochester, NY 14625
Tel: (585) 267-4040

REPORT & REGISTRATION TIME: _____

DATE/DAY: _____

PLEASE REVIEW ALL INSTRUCTIONS UPON RECEIPT

You will need to obtain **one (1) 238 Gram** bottle of MiraLax (Glycolax), **1** small package of Dulcolax laxative **tablets (4 tablets only)** and **(2) 28 oz** bottles of Gatorade, (**NO** Red or pink). Most people prefer 2 different flavors – **as an alternative you may use 56 ounces of any other clear liquid** (apple juice, crystal light, lemonade, iced tea etc.)

***MiraLax and Dulcolax are purchased over the counter. ***

Patients who receive sedation for their procedure must have an adult transport them home. **Ubers, taxis, or any other NON-medical vehicles are NOT ACCEPTABLE** unless you have a family member or responsible adult accompany you. It is required a responsible adult stay with you since sedation effects can last well into the evening.

If you are unable to keep your scheduled appointment, cancellation is appreciated 48 hours in advance by calling **(585)267-4040 or (585)227-1080** between **8:30 a.m.** and **4:30 p.m.** If you fail to notify us you may be charged. Please call these numbers if you have any further questions.

If you are taking *any* kind of blood-thinning medications, such as **COUMADIN, PLAVIX, ELIQUIS, or XARELTO**, please inform our office at (585)267-4040 or (585)227-1080 **IMMEDIATELY. These medications MAY need to be stopped AS DIRECTED BY YOUR MEDICAL PROVIDER.**

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To ensure an optimal examination, the following guidelines are recommended:

1. If you take semaglutide, dulaglutide (Ozempic, Trulicity, & Wegovy), or any other GLP-1 medications **stop** taking it either **1 week prior** to your procedure if it's a once weekly dose or **1 day prior** if it's a daily dose.
2. If you are taking any SGL-2 medications such as Farxiga, Jardiance, Invokana, or Steglaro, you must **stop taking these 3 days prior to your procedure.**
3. **Stop** any extra dietary fiber, including Metamucil, Citrucel, Fibercon, or similar products for **1 week** before the procedure.
4. **Stop** all iron medications and vitamins containing iron, for **1 week** before the procedure.
5. **Do not** eat nuts, raisins, or foods containing seeds, (strawberries, sesame, poppy, etc.) or uncooked vegetables **3 days** before the procedure.
6. **Take your regular medications on the morning of the examination, except insulin or other diabetic medications.** Please check with our office prior to taking any **INSULIN** or other diabetic medication on the morning of the examination.

DAY BEFORE EXAMINATION

1. Begin a clear liquid diet, **no solid food is allowed.** Clear liquids include water, strained fruit juice without pulp (apple, white grape, lemonade), clear broth or bouillon, coffee and tea (without cream or non-dairy creamer), Gatorade (**NO** red or pink), carbonated and non-carbonated soft drinks, Kool-Aid (**NO** red or pink), Jell-O (**NO** red or pink), and popsicles (**No** red or pink).
2. At **1 pm** take all **4** Dulcolax tablets with water and continue on clear liquids. Add **1/2** of the MiraLax powder to one **28 oz** bottle of Gatorade (**NO** red or pink). Mix until dissolved and chill if desired. Begin drinking this at **2pm**, drinking it as tolerated, and completing it by **7 pm**.

This does not work very quickly and may take several hours for results.

You should have $\frac{1}{2}$ of the MiraLax powder & **28 oz.** of Gatorade left over and ready for the next morning.

You may mix the evening before and chill if desired.

3. **Continue drinking clear liquids throughout the evening. THIS IS VERY IMPORTANT!!!!!!!**

4. ADDITIONAL INSTRUCTIONS: _____

DAY OF EXAMINATION

5. At least five (**5**) hours before your procedure, mix and drink the other **28 oz.** combination of MiraLax and Gatorade, **finishing the mixture within 1 hour.** No liquids should be consumed 4 hours prior to scheduled procedure time. You may take your regular medications with a sip of water up until your procedure time. You should plan on spending up to 2 hours at our facility for this test.

Thank you for the opportunity to accommodate your health care needs.