

# Rochester Gastroenterology Associates, LLP

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## INSTRUCTIONS FOR COLONOSCOPY *EXTENDED* PREP WITH MAGNESIUM CITRATE, MIRALAX, DULCOLAX & GATORADE

Name \_\_\_\_\_ Procedure \_\_\_\_\_

YOU HAVE BEEN SCHEDULED FOR THE ABOVE EXAMINATION BY DR \_\_\_\_\_

### PLEASE REPORT TO:

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

Rochester Endoscopy Center  
20 Hagen Dr., Suite 330  
Rochester, NY 14625  
Tel: (585) 267-4040

Wilson Health Center  
800 Carter Street  
Rochester, NY 14621  
Tel: (585) 922-0825

Rochester General Hospital  
1425 Portland Avenue  
Rochester, NY 14621  
Tel: (585) 922-2990

### REPORT AND REGISTRATION TIME:

DATE/DAY:

### PLEASE REVIEW ALL INSTRUCTIONS UPON RECEIPT

You will need to obtain one (1) **238 Gram** bottle of MiraLax (Glycolax), one (1) small package of Dulcolax laxative **tablets** (4 tablets only) (1) **10oz** bottle of Magnesium Citrate and two (2) **32oz** bottles of Gatorade, (**NO** Red or pink). Most people prefer 2 different flavors – as an alternative you may use **64 ounces** of any other clear liquid (apple juice, crystal light, lemonade, iced tea etc.)

**\*MiraLax, Dulcolax, and Magnesium Citrate are purchased over the counter.\***

Transportation arrangements must be made for someone to pick you up and accompany you home. **DUE TO THIS BEING A NEW YORK STATE LAW, NO EXCEPTIONS CAN BE MADE!**

You must arrange for a neighbor, friend, or family member to stay with you after your arrival home 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, 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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**In order to assure optimal colonoscopy examination, the following guidelines are recommended:**

1. **Stop** any extra dietary fiber, including Metamucil, Citrucel, Fibercon, or similar products for **1 week** before the procedure.
2. **Stop** all iron medications, and vitamins containing iron for **1 week** before the procedure.
3. **Do not** eat nuts, raisins, or food containing seeds, ( strawberries, sesame, poppy, etc.) or uncooked vegetables **3 days** before the procedure.
4. **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.

**2 DAYS BEFORE EXAMINATION**

1. Begin a CLEAR liquid diet at **12:00 p.m.** noon. **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 **4:00 pm** drink 10 oz. of Magnesium Citrate. **Continue drinking clear liquids throughout the rest of the day. THIS IS VERY IMPORTANT!!!!!!!!!!**

**DAY BEFORE EXAMINATION**

1. **Continue drinking clear liquids all day.**
2. At **1:00 pm** take only two (2) Dulcolax **tablets** with water and continue on clear liquids. Mix ½ of the MiraLax powder with one **32oz** bottle of Gatorade (**NO** red or pink) and mix until dissolved. Repeat this step with the other ½ of MiraLax powder and second **32oz** bottle of Gatorade, then chill if desired.
3. At **2:00 pm** begin drinking MiraLax/Gatorade solution. Drink this solution slowly, as tolerated, completing it by **7:00 pm**. It may take several hours for results. \*This does not work very quickly\*
4. At **5:00 pm** take 2 additional Dulcolax tablets, and continue drinking clear liquids, throughout evening. **THIS IS VERY IMPORTANT!!!!!!!!!!**
5. **ADDITIONAL INSTRUCTIONS:** \_\_\_\_\_  
\_\_\_\_\_

**DAY OF EXAMINATION**

1. You may have clear liquids until 4 hours prior to your procedure. You may take your regular medications with a sip of water up until your procedure.
2. You should plan on spending up to 2 hours at our facility for this test.

*Thank you for the opportunity to accommodate your healthcare needs.*

(03/18)