

PLEASE READ YOUR PACKET



**EAST END GASTROENTEROLOGY & HEPATOLOGY**

**Blood Thinners: Hold 48 Hours Prior to Procedure**

**COLO**

**COLO/ENDO**

**w/MIRALAX**

**PATIENT:** \_\_\_\_\_ **DATE SCHEDULED:** \_\_\_\_\_

**APPOINTMENT TIME:** \_\_\_\_\_ **ARRIVAL TIME:** \_\_\_\_\_

**Location: 287 Wading River Road Unit 2, Manorville, NY 11949**

**Phone: 631-591-3000 Fax: 631-591-1734**

**Directions to our Manorville Location:**

**GPS / GOOGLE MAPS – LI Urgent Care**

**From LIE Heading East:** Take the LIE to Exit 69, south on Wading River Road, Continue South over South Street. Head south towards Sunrise Highway. Manorville Square is located on the left- hand side of Wading River Road before Sunrise highway, across from the Animal Farm Petting Zoo. We share the same parking lot as LI Urgent Care.

**From LIE Heading West:** Take LIE to Exit 69, Make a Left onto Wading River Road, Continue South over South Street heading towards Sunrise highway, Manorville square is located on the left-hand side of Wading River Road across from the Animal Farm Petting zoo.

**From Sunrise Highway Heading West:** Take Sunrise Highway to Exit 59, we are located in the same parking lot as LI Urgent care right off of Sunrise highway North service road located behind the EXXON gas station.

**From Sunrise Highway Heading EAST:** Take Sunrise Highway Exit 59 for Wading River Road/ County RD 25 towards Center Moriches- Make a Left at Wading River Road Light(7 Eleven will be to your right) Cross over Sunrise Hwy Bridge, EXXON Gas Station will be on the right. Manorville Square entrance will be on the right-hand side after EXXON.

**PLEASE NOTE:**

**PATIENTS THAT CANCEL WITH LESS THAN 72 HOURS  
NOTICE WILL INCUR A \$100 CANCELLATION FEE**

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## COLONOSCOPY INSTRUCTIONS W/ MIRALAX

You have been scheduled for a colonoscopy. This information sheet will inform you of how to best Prepare for the procedure. If there are any questions remaining after reading these instructions, please Call our office.

**If you are unable to keep your appointment, please give us at least 72 hours' notice.**

### IMPORTANT NOTES:

- 1. You must arrange to have someone accompany you for the procedure. You will not Be allowed to drive home, and you may not drive for the rest of the day. On the day of the Procedure, if you arrive without someone to take you home, your procedure will not be done.**
- 2. You cannot go to work the day of the procedure.**
- 3. If you take any blood thinners such as Coumadin, Plavix, Effient, or Pradaxa on a daily basis, you must notify the Doctor immediately. These medications may need to be discontinued prior to your colonoscopy.**
- 4. You must thoroughly read the instructions on the following pages.**

### COLONOSCOPY INFORMATION:

Colonoscopy is a diagnostic procedure that uses a thin flexible tube with a camera and a light to examine the lining of your large intestine (known as the colon). During the exam, you will be lying on your left side on a stretcher. An intravenous catheter (an "IV") will be placed in a vein in your arm. You will then be hooked up to monitoring equipment to measure your heart rate, blood pressure and oxygen level of your blood. An Anesthesiologist or his/her assistant will administer medicine into your I.V. for sedation (***please notify us of any allergies to medicines***). Once you are asleep and comfortable, the colonoscope will be gently inserted into the rectum and carefully advanced through the colon. If a colonic polyp, an abnormal growth of colonic tissue is found, your physician may be able to remove the polyp through the instrument. In rare cases, passage of the colonoscope through the entire colon cannot be achieved. The entire examination usually lasts from 20 minutes to one hour.

The **benefits** of the procedure include the ability to detect and remove colon polyps for colon cancer prevention, evaluate gastrointestinal and abdominal symptoms, obtain biopsies, and identify and treat sites of bleeding. Although Colonoscopy is a safe procedure, complications can occur. The **Risks** include but are not limited to, Bleeding which can occur after polyp removal or therapy and generally stops on its own but on occasion may require blood transfusion, repeat colonoscopy, hospitalization and/or surgery ; Perforation which is a puncture or tear in colon wall which may require hospitalization, surgery and may be serious complication that can even cause death; Reaction to sedation which very rarely some patients develop low blood pressure, irregular heartbeat or difficulty breathing; Missed polyps or lesions which, because the test is not perfect, can occur particularly if they are small in size or flat in shape.

**After the procedure**, you might be sleepy for one to two hours after the procedure due to medications you will receive at the time of the procedure. You may expel some gas as air, which is instilled into the colon during the colonoscopy, for adequate visualization. You may experience some abdominal bloating

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and distention for several hours after the colonoscopy. You will be able to resume your diet after the colonoscopy, unless you are instructed otherwise.

### ONE WEEK PRIOR TO EXAM:

- Arrange for someone to drive you home from your procedure. **YOU WILL NOT BE ALLOWED TO DRIVE HOME OR TAKE A TAXI WITHOUT AN ADULT (OTHER THAN THE TAXI DRIVER) TO ACCOMPANY YOU.** On the day of the procedure, if you arrive without someone to take you home, your procedure **WILL NOT** be done.
- Arrange to take the day of the procedure off from work. You cannot go to work; you are to stay at home the remainder of the day after the procedure and relax. You may not **DRIVE FOR THE REST OF THE DAY!**
- Stop any vitamins containing iron and/or iron supplements one week prior to the colonoscopy.
- Pick up & Purchase your prep!!

### Pick up from the pharmacy:

1. One (1) 238g bottle of Miralax (over the counter, no prescription needed)
2. Four (4) Dulcolax Tablets (over the counter, NO prescription needed) Laxative Tabs
3. Two (2) 32oz bottles of Gatorade or Powerade any flavor, NOT RED.

### THREE DAYS PRIOR

- Please limit intake of corn, celery, lettuce, nuts and seeds as these are poorly digestible and often leave residue in the colon and can interfere with exam visualization.

### DAY BEFORE PROCEDURE:

(If your procedure is on a Wednesday, this would mean midnight Monday which is start of Tuesday)

- **START CLEAR LIQUID DIET** for the entire day before the procedure which means **NO SOLID FOOD, NO GUM, NO MILK OR MILK PRODUCTS, NO JUICE WITH PULP OR SEEDS.**
- **YOU MAY ONLY HAVE THE FOLLOWING:**

Water, Seltzer, Apple Juice, White Grape Juice, Sprite, Ginger Ale, 7 UP, Mountain Dew, light colored sports drinks, crystal light, green or white tea, Bouillon or Clear Broth, Gatorade (NO RED), Italian Ice (NO RED), Plain Jell-O (NO RED), Popsicles (no milk or fruit pieces).

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There are no exceptions, patients may eat and drink ONLY WHAT IS ON THIS LIST!!

- **BEGIN YOUR PREP AS DIRECTED.**

## THE DAY BEFORE THE PROCEDURE:

1. **NO SOLID FOOD OR ALCOHOL. Remain on a clear liquid diet the entire day.**
2. **At 1 PM**, Mix ½ of the 238g bottle of MIRALX in each 32oz. bottle of Gatorade or Powerade (Any flavor, (NOT RED) until dissolved and refrigerate.
3. **At 4PM**, take 4 (four) DULCOLAX tablets with water and continue clear liquids.
4. **At 6PM**, begin drinking the GATORADE+MIRALAX or POWERADE+MIRALAX solution at a rate of 8oz. every 15-30 minutes (over 1-2 hours) until the first bottle is gone.
5. Drink an extra 8oz. of clear liquid every hour while awake. Gatorade or Powerade is preferred (NOT RED).

## THE DAY OF THE PROCEDURE:

1. **You should take your blood pressure and heart medications early in the morning with a small sip of water.** If you are diabetic, please see diabetic instruction sheet or call the office for any questions.
2. **4-5 hours before you leave your house for the procedure**, drink the second 32oz. bottle of

GATORADE+MIRALAX or POWERADE+MIRALAX solution at a rate of 8oz. every 15-30 minutes (over 1-2 hours) until the second bottle is gone. This must be completed by at least 4 hours prior to your colonoscopy. If your procedure is scheduled early in the morning, you will need to get up in the night to take this dose of preparation. Do not take anything by mouth for 4 hours prior to your colonoscopy.

3. **HAVE NOTHING ELSE TO EAT OR DRINK, NOT EVEN WATER, UNTIL AFTER YOUR PROCEDURE.**

*Due to the anticipated large volume of diarrhea, you can use baby wipes for cleaning and the use of Destin or Vaseline for skin protection.*

**DO NOT OMIT ANY PART OF THE PREPARATION. A POOR PREPARATION MAY CAUSE A POLYP OR CANCER TO GO UNDETECTED.**