



EAST END GASTROENTEROLOGY & HEPATOLOGY

287 Wading River Road, Unit 2, Manorville, NY 11949 • 715 Roanoke Avenue, Riverhead, NY 11901
Tel: 631-591-3000 • Fax: 631-591-1734

COLONOSCOPY WITH MIRALAX

PATIENT: _____

DATE SCHEDULED: _____ **ARRIVAL TIME:** _____

Location: 287 Wading River Road Unit 2, Manorville N.Y. 11949

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

You have been scheduled for a colonoscopy. This information packet will inform you of how best to prepare for your procedure. If there are any questions remaining after reading the packet, please call the office at 631-591-3000.

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 be cancelled. **DRIVERS MUST CHECK IN AT THE FRONT DESK.**
2. You cannot go to work on the day of the procedure.
3. If you take any **BLOOD THINNERS** such as **Coumadin, Plavix, Effient, or Pradaxa** daily, you must notify the provider immediately. **You may be asked to hold these medications 48 hours prior to your procedure.**
4. If you take any **GLP-1** medications such as **Ozempic, Zepbound, Wegovy, Semaglutide**, please hold for **1 week prior.**
5. If you take any diabetic medications, please refer to the last page in the packet regarding your medication.

Patients that cancel with less than 72 hours' notice will
incur a \$200 Cancellation fee.



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HOW TO FIND OUR OFFICE:

When using GPS/Waze etc. Make sure to enter WADING RIVER ROAD and NOT Wading River Manor Road.

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, diagonally from The Petting Zoo. We share the same parking lot as LI Urgent Care.

From LIE Heading West: Take the 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 West: Take Sunrise Highway to Exit 59, we are located in the same parking lot as LI Urgent care right off Sunrise North Service road located behind the Mobil Gas station.

From Sunrise Highway 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 on your right) Cross over Sunrise Hwy Bridge, Mobil Gas Station will be on the right. Manorville Square entrance will be on the right-hand side.



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Colonoscopy Information:

A 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 (“IV”) will be placed in a vein in your arm/hand. 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 (**make sure to notify the office of any medication allergies**). 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 the 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 a Colonoscopy is a safe procedure, complications can occur. **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 the colon wall which may require hospitalization, surgery and may be a 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.



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ONE WEEK PRIOR TO PROCEDURE CHECKLIST:

- Pick up your prep at your pharmacy or confirm Shipment to your home from the specialty pharmacy. ☐
- Arrange for someone to drive you home from your procedure. ☐
- If you cannot arrange a driver, a Taxi or Uber is fine, please notify the office prior to procedure. You will **NOT** be allowed to drive home. ☐
- Stop any vitamins containing iron and / or supplements.

THREE DAYS PRIOR TO PROCEDURE:

- 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:

When you wake up, begin your clear liquid diet, NO solid foods at all.

The following liquids ARE allowed:

Water	Seltzer	Sprite
Apple Juice	Crystal Light	Green Tea
White Grape Juice	Mountain Dew	White Tea
Bouillon	Ginger ale	Chinese Broth
Gatorade (Not Red,Purple)	Coffee (NO Dairy)	Tea
Italian Ices	Jello	Ice Pops

***NO RED OR PURPLE DYES *NO MILK OR DAIRY PRODUCTS *NO PULP, SEEDS OR GUM**

NO EXCEPTIONS, ONLY HAVE WHAT IS ON THIS LIST!!



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WHAT TO PICK UP AT THE LOCAL PHARMACY:

- One bottle of Miralax Powder (238 gram bottle) over the counter, no prescription needed.
- 1 box of Dulcolax Tablets / Laxative. Over the counter, no prescription needed.

BEGINNING YOUR PREP:

- At 1 pm on _____. Mix ½ of the 238g bottle of Miralax into 32 oz of clear liquids until dissolved and then refrigerate.
- At 4 pm, take 4 (four) Dulcolax tablets with clear liquids.
- At 6pm, begin drinking the miralax mixture you prepared at 1pm, you should drink 8 oz every 15-30 minutes over 1-2 hours until finished. Once finished, continue to drink 8 oz of clear liquids every hour while awake.

THE SECOND DOSE OF YOUR PREP:

- Mix the second half of the 238g bottle of miralax into another 32 oz of clear liquids until dissolved.
 - Begin Drinking at _____ on _____.
You should drink 8 oz every 15-30 minutes over 1-2 hours until it is finished. **Continue drinking clear liquids up until 2 hours prior to your procedure and then stop.**

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.