

## COLONOSCOPY PREP INSTRUCTIONS REGULAR PREP

1. **YOU MUST DISCONTINUE THE USE OF FIBER SUPPLEMENTS AND IRON FOR ONE WEEK PRIOR TO PROCEDURE DATE. DO NOT EAT QUINOA, POPCORN, NUTS OR SEEDS FOR ONE WEEK PRIOR TO YOUR PROCEDURE.**

**YOU MUST DISCONTINUE THE USE OF PHENTERMINE (ADIPEX-P, SUPRENZA) AND ANY OTHER MEDICATION BEING USED FOR WEIGHT LOSS FOR 2 WEEKS PRIOR TO YOUR PROCEDURE.**

2. If you usually take prescribed medication including **high blood pressure medication** in the morning, you must take it the morning of your exam with a small sip of clear liquid. **You Must continue to take your medication for blood pressure and respiratory problems (including inhalers) as you usually do.** For instance, if you normally take it in the morning, take it on the day of your procedure with a sip of water at least four (4) hours before your procedure (a sip being less than two ounces). However, **DO NOT TAKE ANY DIABETIC MEDICATION THE EVENING PRIOR OR THE MORNING OF THE PROCEDURE.** If you are on medication that affects bleeding (Coumadin, Pradaxa, Plavix): CALL THE OFFICE FOR ADDITIONAL INSTRUCTIONS.  
Also, if you currently use a C-PAP machine, please bring it with you.
3. You will need to purchase from your pharmacy or grocery store **Dulcolax laxative tablets, MiraLax (238 gram bottle) & 64 oz. of Gatorade OR Crystal Light (not red or purple).** These are over-the-counter products.
4. The **DAY BEFORE** your procedure,
  - Drink only clear liquids all day. **No solid food or milk products.**
  - At **2:00 PM THE DAY BEFORE** your procedure, take **4 Dulcolax** laxative tabs with 8 oz. of clear liquid.
  - At **6:00 PM THE DAY BEFORE** your procedure, add 238 gram bottle of MiraLax to 64 oz. of Gatorade or Crystal Light. Shake well until the powder dissolves. Drink an 8 oz. glass every 10-15 minutes until the MiraLax/Gatorade/Crystal Light mixture is gone.
5. You may have clear liquids until midnight. **After midnight, you must fast. DO NOT EAT OR DRINK ANYTHING, INCLUDING WATER, COFFEE, TEA OR CHEW GUM.** If your procedure is in the afternoon, you may have sips of clear liquids up until 6 hours prior to your procedure.
6. Prior to leaving home, the diarrhea may be clear, yellow or green tinged but should not have solid matter. If this is not the case, let the nurse know when you arrive for your procedure. If it is not clear and you don't tell us, your exam will neither be as accurate nor safe as it might be.
7. If you experience a change in your medical condition or you are hospitalized for any reason prior to your scheduled date of procedure, please notify your physician by calling (315) 624-7000.

**IF YOU CANNOT COMPLETE ANY PART OF THIS PREPARATION, PLEASE CALL OUR OFFICE AT (315) 624-7000 AND ASK FOR CLINICAL COORDINATOR.  
IF OUR OFFICE IS CLOSED, THE ANSWERING SERVICE WILL RELAY YOUR MESSAGE.**

## CLEAR LIQUIDS ALLOWED

- Water
- Black coffee (with or without sugar)
- Tea (plain & flavored)
- Any clear broth/bouillon
- Plain Jell-O (NOT RED OR PURPLE)
- Soda (Regular & Diet)
- Clear fruit juice without citrus (pulp) -- apple 100% all natural (no dye)
- Gatorade or Powerade

### \*\*\*NO SOLID FOODS\*\*\*

### \*\*\*NO MILK or MILK PRODUCTS OR NON-DAIRY CREAMER\*\*\*

### \*\*\*NO ALCOHOLIC BEVERAGES OR RECREATIONAL DRUGS SUCH AS MARIJUANA\*\*\*

- Leave jewelry and valuables at home.
- Any questions regarding hospital parking, hospital billing, or hospital policy should be directed to the hospital.
- Please arrive at the hospital at the time assigned to you. Please do not show up any later or earlier unless we call you.

**\*\*\*\*A 48 business hour notice is required for office appointments and 72 business hour notice for surgical procedures. \*\*\*\***

Mohawk Valley Endoscopy Center.....(315) 624-7070  
Oneida Healthcare.....(315) 361-2100  
St. Luke's Hospital .....(315) 624-6932

- **YOU MUST HAVE A RIDE HOME. THE HOSPITAL WILL NOT ALLOW YOU TO DRIVE HOME OR TAKE CAB/BUS HOME.** You will be considered under the influence of drugs.
- If you are required to pay a copay for this procedure according to your insurance coverage, please be prepared to pay at the time of registration. Please notify the office immediately if you have any insurance changes.

## WHAT WILL HAPPEN AT THE TIME OF YOUR EXAMINATION

If your procedure is at MVEC, please plan to be there for 2-4 hours. If you are scheduled at the hospital, you will be in the hospital for 3-6 hours. You may spend most of that time waiting to be prepared for your examination. Emergency situations sometimes force changes in the schedule which are unavoidable although inconvenient. We realize that no one likes to wait, and we want you to know that we are making every effort to make your examination as pleasant, safe and expedient as we possibly can. Waiting areas with televisions are provided and we suggest you bring a book, magazine, knitting, or something to help pass the time. MVEC is equipped with Wi-Fi.

### As the preparation begins:

You will be asked to sign a consent form.  
An intravenous I.V. will be started in your arm.  
Your vital signs will be taken.

### After the examination:

You will recover for up to 2 hours.  
When discharged, you will receive an instruction card.  
At home, resume your normal diet medications and activities.  
You must come with a family member or friend. You will NOT be allowed to drive home.

## **Patients of Digestive Disease Medicine and Mohawk Valley Endoscopy Center:**

We want to keep our patients, our staff, our providers and our community healthy! It is important to prevent the spread of viruses such as the flu or the new coronavirus (COVID-19).

**To help us protect you and our staff and providers, please comply with the following:**

If you are scheduled for an appointment at the office or the endoscopy center and you are sick, please stay home! If you have a fever or symptoms of a respiratory illness, please do not come to the office or the endoscopy center. Please call the office to reschedule; all cancellation fees will be waived. **CALL** your primary care doctor so they can tell you if you should stay home or be seen for your illness.

If you have traveled out of the United States within **14 days** of an appointment at the office or the endoscopy center, please call us. If your travel was to one of the countries that are considered high risk by the CDC, we will **reschedule your appointment or procedure for a later date** even if you currently have no symptoms.

Protect yourself and your family by doing the following:

Wash your hands frequently for at least 20 seconds; avoid contact with people who are sick; avoid touching your eyes, nose and mouth; stay home when you are sick unless your doctor tells you to seek medical care; cover your cough or sneeze with a tissue then throw the tissue in the trash; clean and disinfect frequently touched objects and surfaces.