

ASC PROCEDURE:
COVID TEST DATE: _____
TEST TIME: _____

ALBANY GASTROENTEROLOGY CONSULTANTS, PLLC
1375 Washington Avenue, Suite 101
Albany, New York 12206
518-533-5000

COLONOSCOPY INSTRUCTIONS

Patient: _____ DOB: _____ Provider: _____

Procedure Date: _____ Arrival Time: _____ Procedure Time: _____

For any prep related questions, please visit our website at albanygi.com/faq.

Location: Ambulatory Surgery Center (ASC) St. Peter's Hospital Albany Medical Center
1375 Washington Ave., Suite 201 315 South Manning Blvd. 47 New Scotland Ave., A Building-4th Floor-A 405

COLONOSCOPY - MIRALAX WITH MAG CITRATE PREPARATION INSTRUCTIONS

One Week Prior to the Procedure

Starting: _____

1. Stop herbals, vitamins, and oral iron supplements.
2. Arrange for a responsible adult to accompany you home after your procedure. You will be given sedation for your procedure and will not be allowed to drive yourself home.

Two Days Prior to the Procedure: _____

Begin low fiber diet.

Obtain bowel prep products from your pharmacy:

1. One 238 gram bottle of MiraLax
2. 4 Dulcolax laxative (Bisacodyl) tablets
3. 1 bottle (10 oz.) Magnesium Citrate
4. Two 32 ounce bottles of Gatorade
5. **At 5PM** drink one 10 oz. bottle of Magnesium Citrate

Stop any anti-inflammatory medications (Motrin, Advil, Ibuprofen). Celebrex and Tylenol are OK to use.

One Day Before the Procedure: _____

NO SOLID FOOD

NO ALCOHOL

CLEAR LIQUIDS ALL DAY

1. Drink an extra 8 ounces of clear liquid every hour while awake. Gatorade is preferred. If needed, you may substitute Crystal Light Lemonade or any other clear liquid.
2. Mix 1/2 of the MiraLax bottle in each 32 oz. bottle of Gatorade until dissolved. Store the mixture in the refrigerator.

3. **At 4PM** take 4 Dulcolax tablets with water and continue clear liquids.
4. **At 6PM** begin drinking the Gatorade/MiraLax solution at a rate of 8 ounces every 15-30 minutes (over 1-2 hours) until the first bottle is gone.
5. You are encouraged to drink clear liquids until you go to bed.
6. You may apply a petroleum-based or diaper rash product to the rectal area if you experience discomfort from frequent stools.
7. Confirm that you have a responsible adult to accompany you home after your procedure.

The Day of the Procedure: _____

NO SOLID FOOD

NO ALCOHOL

5-6 hours before the Procedure: _____

Drink the second bottle of Gatorade/MiraLax Solution at a rate of 8 ounces every 15-30 minutes (over 1-2 hours) until the second bottle is gone.

3 hours before the Procedure: _____

Stop drinking and do not have anything else by mouth until after your procedure. You may take essential morning medications with a sip of water.

After the procedure:

You may eat your usual diet unless otherwise instructed. Drink 8 ounces of liquid at least 6 times before retiring for the night.

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CLEAR LIQUIDS

BEVERAGES:

- **CLEAR JUICES: APPLE JUICE, WHITE CRANBERRY, WHITE GRAPE, LEMONADE, LIMEADE, CITRUS JUICES (STRAINED)**
- **HERBAL TEA, TEA, COFFEE (WITHOUT CREAM/MILK), ICED TEA, ICED COFFEE**
- **NO DAIRY PRODUCTS**
- **GATORADE, SPORTS DRINKS, CRYSTAL LIGHT, SNAPPLE**
- **CLEAR CARBONATED BEVERAGES: GINGERALE, SEVENUP, SPRITE, MINERAL/PLAIN WATER, FLAVORED WATERS**

SOUPS: CLEAR BROTH, BOULLION, CONSOMME (ALSO FAT FREE), STRAINED VEGETABLE BROTH

DESSERTS: POPSICLES, HARD CANDIES, FLAVORED GELATIN, FRUIT ICE, AND ITALIAN ICE (WITHOUT FRUIT)

NO ALCOHOL OF ANY KIND DURING THE PREPARATION

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LOW FIBER DIET

A low fiber diet is for people who need to rest their intestinal tract. A low fiber diet limits the amount of food waste that has to move through the large intestine.

Foods Recommended	Foods to Avoid
<p>Breads, Cereal, Rice and Pasta:</p> <ul style="list-style-type: none"> ● white bread, rolls, biscuits, croissant, melba toast ● waffles, French toast, and pancakes White rice, noodles, pasta, macaroni and peeled cooked potatoes ● plain crackers, Saltines ● cooked cereals: farina, Cream of Rice ● cold cereals: Puffed Rice, Rice Krispies, Corn Flakes and Special K 	<p>Breads, Cereal, Rice and Pasta:</p> <ul style="list-style-type: none"> ● breads or rolls with nuts, seeds or fruit ● whole wheat, pumpernickel, rye breads and cornbread ● potatoes with skin, brown or wild rice, and kasha (buckwheat)
<p>Vegetables:</p> <ul style="list-style-type: none"> ● tender cooked and canned vegetables without seeds: carrots asparagus tips, green or wax beans, pumpkin, spinach and lima beans 	<p>Vegetables:</p> <ul style="list-style-type: none"> ● raw or steamed vegetables, lettuce, salad fixings ● vegetables with seeds ● sauerkraut ● winter squash, peas, broccoli, Brussels sprouts, cabbage, onions, cauliflower, baked beans, peas and corn
<p>Fruits:</p> <ul style="list-style-type: none"> ● strained fruit juice ● canned fruit, except pineapple ● ripe bananas ● melons 	<p>Fruits:</p> <ul style="list-style-type: none"> ● prunes and prune juice ● raw or dried fruit ● all berries, figs, dates and raisins
<p>Milk/Dairy:</p> <ul style="list-style-type: none"> ● milk, plain or flavored ● yogurt, custard and ice cream ● cheese and cottage cheese 	<p>Milk/Dairy:</p> <ul style="list-style-type: none"> ● yogurt with nuts or seeds
<p>Meat, Poultry, Fish, Dry Beans, and Eggs:</p> <ul style="list-style-type: none"> ● ground, well cooked tender beef, lamb, ham, veal, pork, fish, Poultry, and organ meats ● eggs ● peanut butter without nuts 	<p>Meat, Poultry, Fish, Dry Beans:</p> <ul style="list-style-type: none"> ● tough, fibrous meats with gristle ● dry beans, peas, and lentils ● peanut butter with nuts
<p>Fats, Snack, Sweets, Condiments, and Beverages:</p> <ul style="list-style-type: none"> ● margarine, butter, oils, mayonnaise, sour cream, and salad dressing ● plain gravies ● sugar, clear jelly, honey, and syrup ● spices, cooked herbs, bouillon, broth, and soups made with allowed vegetables ● coffee, tea, and carbonated drinks ● plain cakes and cookies ● gelatin, plain puddings, custard, ice cream, sherbet, Popsicles ● hard candy or pretzels 	<p>Fats, Snack, Sweets, Condiments, and Beverages:</p> <ul style="list-style-type: none"> ● nuts, seeds, and coconut ● jam, marmalade, and preserves ● pickles, olives, relish, and horseradish ● all desserts containing nuts, seeds, dried fruit, coconut, or made from whole grains or bran ● candy made with nuts or seeds ● popcorn