

ASC PROCEDURE: ALBANY GASTROENTEROLOGY CONSULTANTS, PLLC
COVID TEST DATE: _____ 1375 Washington Avenue, Suite 101
TEST TIME: _____ 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 Ellis Hospital – Bruggeman
1375 Washington Ave., Suite 201 315 South Manning Blvd 47 New Scotland Ave. (Park in Nott Street Garage)
A Building-4th Floor-A 405

COLONOSCOPY - MIRALAX 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. Three 28 oz. bottles of Gatorade (no red)
4. At 5pm mix 3 capfuls of MiraLax in 28 oz. of Gatorade (use the cap of MiraLax bottle as measuring tool – each capful is 17 grams) and drink until it is gone. Use the 119 gram bottle of MiraLax for this. You WILL have some left over!

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 (no red).
2. Use the 238 gram bottle of MiraLax and split the bottle evenly between two 28 oz. bottles of Gatorade (7 capfuls into each bottle of Gatorade).
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 (or any clear liquid) 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.