

# Capital Region Gastroenterology

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Arbind Kumar, MD, FACP, FACG  
Jency Samuel, FNP-C

Patient Name: \_\_\_\_\_

Samaritan Hospital, 2215 Burdett Avenue Troy, NY Main Entrance, 1st Floor, Endoscopy Suite

CCP Interventional and Endoscopy Suite, 6 Wellness Way, West Entrance, Suite G04, Latham, NY 12110

Arrival Time: \_\_\_\_\_ Day: \_\_\_\_\_ Date: \_\_\_\_\_

**EXPECT TO BE AT THE FACILITY FOR APPROXIMATELY 90 MINUTES.**

For a better colonoscopy preparation and results, please eat lightly 2-3 days prior and take over-the-counter stool softeners 2-3 days prior.

Purchase at the Pharmacy: (4) 5mg Dulcolax tablets, a 238gram bottle of MiraLAX powder, and 64oz of Gatorade. No purple, Orange, or Red. Or 64 oz of Crystal Light or 64 oz Water. (Your choice)

If you take Seizure medications, do not stop taking them. Take with a small sip of water.

DO you take any iron pills or medications that cause bleeding? These include: Plavix, Xarelto, Coumadin, Tylenol, and or other brands of Acetaminophen. Please tell the physician; you may need to stop these prior to your procedure.

**ONE DAY PRIOR TO YOUR PROCEDURE:** Have a light breakfast (1 egg and a 1 piece of toast), then start a clear liquid diet that consists of the following:

**CLEAR LIQUID DIET: NO FOOD OR MILK or CREAM ALLOWED DURING PREP**

**LIQUIDS:** Clear Broth or Consommé.

**BEVERAGES:** Tea, coffee, decaf tea/coffee, Kool-Aid, carbonated beverages.

**JUICES:** Cranberry, Apple, Grape, Strained Lemonade, or limeade.

**DESSERTS:** Italian Ice, Popsicles, Jell-O (Except for Red, Orange, or Purple colors).

**AT 3:00 PM,** take 2 Dulcolax tablets (stool softeners)

**AT 5:00 PM,** mix the 238-gram bottle of MiraLAX into the 64 oz of Gatorade, Water, or Crystal Light.

Shake the solution well until dissolved, and then start drinking 8oz every 30 minutes until gone. Stay close to the bathroom, diarrhea will begin and last several hours. You may drink liquid up until midnight.

**ON THE DAY OF THE PROCEDURE: DO NOT DRINK OF EAT ANYTHING.** No medication unless directed by the doctor until after the procedure.

**NO DRIVING:** You cannot drive; use a taxi or bus after the procedure. You must be accompanied by an adult; if this is not followed, your procedure will be cancelled. If you have polypectomy or biopsy, you should not take aspirin products one week after your colonoscopy. Your driver should stay in a 15-mile radius.