

Procedure Date \_\_\_\_\_

Arrival time \_\_\_\_\_ Procedure time \_\_\_\_\_

- **PICK UP YOUR PREP KIT NOW FROM YOUR PHARMACY** and keep it in your cabinet at home until needed
- **PURCHASE the Miralax, Dulcolax and Gatorade**
- You will receive a **phone call one week prior** to your appointment. **YOU MUST SPEAK WITH THEM** OR YOUR PROCEDURE MAY BE CANCELLED.  
Jennifer's number is **234-6679**.

Please report to:

SYRACUSE ENDOSCOPY ASSOCIATES 315-234-6677  
CNY Medical Building, 739 Irving Ave #420, Syracuse, NY



## 2 DAY COLONOSCOPY PREP INSTRUCTIONS

Your doctor has ordered this test to screen for colon cancer including finding and removing potentially harmful polyps. You will need to follow the instructions included to be properly prepped/clean for your procedure or the procedure will need to be rescheduled and a \$150 cancellation fee will be charged to you. This is an important screening tool, we understand the prep can be difficult for some, but we ask that you follow these instructions so we can provide you with the best care we can in a timely manner.



Can you see the pot holes in the above picture? This is the equivalent of your doctor trying to see polyps during your colonoscopy if your prep is not done correctly.



This is a clear road that allows for easily seeing the pot holes in the road. This is the difference of a prep done completely and following our instructions and a poor prep. This picture would allow your doctor to do a more thorough exam because they best view the colon.

Diabetic	MRSA	VRE	ESBL	Active C-Diff	Pacer/Defib: copy card - cardio's name	Bld thinners: Prescribing dr	Clotting disorder	Translator needed	Oxygen - how many liters?	Malignant hyperthermia	On Dialysis	Had COVID in last 2 months
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**Staff:** Circle for yes. Cross off for no.

## 7 DAYS BEFORE YOUR COLONOSCOPY:

- Stop these vitamins & supplements

IRON	Herbal medicines
Multivitamins	Fish Oil
Vitamins A&E	Carafate
Phentermine	Alli weight loss pills
- A week before your appointment you will receive a call to review instructions and confirm your appointment. If you miss the call, you must call us back.
- Start following the Low Fiber/Low Residue diet included in this packet.
- Make sure you have your prep. Only one of the preps on the following page will apply to you.
- **You will not be allowed to drive after your procedure or the remainder of the day.** Please arrange for a responsible adult to drive you home. We request that your driver stay in the waiting room during your procedure. If it is necessary for you to use a Taxi or Uber, you still **MUST** have a responsible adult, like a family member or friend, accompany you on the drive home.
- If you take a blood thinner (such as Coumadin, Plavix, etc..), please be sure the office is aware.
- If you have a pacemaker or defibrillator, please be sure the office is aware.
- If you are a diabetic patient please call the doctor that manages your diabetes and let them know you will be prepping for a colonoscopy. They will advise you on instructions for adjusting your medications during your prep.
- If you have had **COVID** in the **2 months prior to your procedure** please call the office.
- **GLP-1 medications:** Trulicity (Dulaglutide), Bydureon BCise (Exenatide), Ozempic (Semaglutide), Wegovy (Semaglutide), Byetta (Exenatide), Saxenda (Liraglutide), Victoza (Liraglutide), Adlyxin (Lixisenatide), and Rybelsus (Semaglutide).
  - ⇒ If you are taking a GLP-1 medication on a daily basis you will need to skip your dose the day of the procedure.
  - ⇒ If you are taking a GLP-1 medication on a weekly basis you will need to skip your dose the week before your procedure.

## 2 DAYS BEFORE YOUR PROCEDURE

- Do not take any Viagra, Cialis, or any erectile dysfunction medications.
- Do not use any type of marijuana
- **CLEAR LIQUIDS ONLY FOR TWO DAYS PRIOR TO YOUR PROCEDURE. NO SOLID FOODS.**
- Drink extra amounts of CLEAR liquids to help you feel full, to keep hydrated and help flush your system.
- Dissolve HALF of a 255 gram bottle of Miralax (polyethylene glycol 3350) in 16oz of Gatorade in the morning and refrigerate. (NO RED or PURPLE).
  - **2pm:** Take four(4) **Dulcolax (bisacodyl)** tablets. Do not crush or chew.
  - **6pm:** Drink the Gatorade/Miralax solution within one hour.
- Continue to drink extra amounts of CLEAR liquids to help you feel full, to keep hydrated and help flush your system.

### CLEAR LIQUIDS INCLUDE:

Gelatin (NO pudding, NO red or purple)  
Water  
Tea with no cream  
Broths such as chicken or beef  
White grape or white cranberry juice  
Soda - no colas or dark soda  
Gatorade or Kool Aid (NO red or purple)  
Popsicles (NO red or purple)

### WHAT YOU CAN **NOT** EAT/DRINK

Milk or milk products  
Anything with Red or Purple dyes  
Any form of alcohol

### SUGGESTIONS WHILE PREPPING

- Mix your prep earlier in the day & refrigerate until prep time
- **Do not sip your prep.**
- **Drink each glass as rapidly as possible with a straw toward the back of your mouth.**
- If you become sick to your stomach while drinking your prep, STOP until the nausea passes. Then resume at the rate specified
- You may use topical ointments or flushable wipes to help prevent skin irritation.



*If you have **problems** while prepping please call our office to speak with our on call service, they will have someone call you. Our office phone number is (315) 234-6677.*

# PREP INSTRUCTIONS

**YOU MUST FOLLOW  
OUR INSTRUCTIONS...  
NOT THE PHARMACY'S**

## **2:00pm THE DAY BEFORE YOUR PROCEDURE:**

**MIRALAX PREPS ONLY!** Take 4 Dulcolax tablets (over the counter medication)

## **5:00pm THE NIGHT BEFORE YOUR PROCEDURE:**

**\*\*\*\*Find your specific prep instructions below (only ONE of these will apply to you).**

### **CLENPIQ:**

Drink one 5.4oz bottle of CLENPIQ. Over the next two hours drink at least five (5) eight ounce glasses of clear liquids. More fluids will help the prep work better.

### **GoLYTELY, Gavilyte, NuLYTELY, Peg 3350-electrolytes, or any 128oz Generic prep:**

Dissolve powder in warm water, add flavor packet if desired (NO RED or PURPLE). Begin drinking the solution at the rate of 8oz every 10-15 minutes until you have consumed half of the container, or 64oz.

### **PLENVU:**

Empty [Dose 1 pouch] into mixing container. Fill to the line with water and mix with a spoon until completely dissolved. Drink entire contents of the container over 30 minutes. Then drink 16 ounces of clear liquids over 30 minutes.

### **SUTAB (see next page)**

### **MIRALAX PREP:**

Dissolve **HALF** of the 255g bottle of Miralax in 32oz of Gatorade (NO RED or PURPLE). Drink the entire mixture within 1 hour.

### **SUFLAVE PREP:**

Pour one flavor packet into one bottle of prep. Fill to line with lukewarm water, after capping the bottle gently shake the bottle until all powder has dissolved. Drink 8 ounces of solution every 15 minutes until the bottle is empty. Drink an additional 16 ounces of water over the next hour.

## **THE MORNING OF YOUR APPOINTMENT:**

- Blood pressure medications take as directed

## **6 HOURS BEFORE YOUR ARRIVAL TIME:**

- **CLENPIQ, GoLYTELY, or any 128oz Generic prep:** Repeat above steps.
- **PLENVU PREP:** Empty both [Dose 2 Pouch A and B] into the mixing container. Fill to the line with water and mix with a spoon until completely dissolved. Drink entire contents of the container over 30 minutes. Then drink 16 ounces of clear liquids over 30 minutes.
- **MIRALAX PREP:** Repeat the above steps
- **SUFLAVE PREP:** Repeat the above steps

## **4 HOURS BEFORE YOUR SCHEDULED ARRIVAL:**

- You should **STOP** drinking all liquids, including water.  
(you may take your medications with 1-2 sips of water up to 2 hours before your arrival time)
- **No gum chewing**, no hard candy, and no chewing tobacco.

**TO PREVENT DEHYDRATION  
AND HEADACHE...  
CONTINUE DRINKING ALOT  
OF CLEAR LIQUIDS**



# PREP INSTRUCTIONS

## FOR SUTAB

***YOU MUST FOLLOW OUR  
INSTRUCTIONS...  
NOT THE PHARMACY'S***

### 5:00pm THE NIGHT BEFORE YOUR PROCEDURE:

- Open one(1) bottle of twelve(12) pills and fill provided cup with plain water to the fill line of 16 ounces.
- Over 15 to 20 minutes, use this water to take each pill with a good sip and then finish the entire 16 ounces. Use more water if needed. Take pills and water slower if you begin to feel uncomfortable. (Take one(1) pill at a time, wait 1-2 minutes before taking next pill).
- Use the provided cup to drink at least 32 ounces of plain water over the next two(2) hours. Spread your water-drinking over this time instead of drinking it all immediately after taking the pills.
  - For example drink 16 ounces around an hour after the start of dose one(1), then another 16 ounces around an hour and a half after the start of dose one(1).**IMPORTANT: for dose two(2),** keep in mind all the water must be consumed before the fasting period, which begins four(4) hours before the arrival time.
- After dose one(1), continue the clear liquid diet for the evening in order to stay hydrated.

### THE MORNING OF YOUR APPOINTMENT:

- Blood pressure medications take as directed

### 6 HOURS BEFORE YOUR ARRIVAL TIME:

- Start dose 2. Repeat the steps above.
- NOTE: You must consume all water at least 4 hours before your arrival time.

### 4 HOURS BEFORE YOUR SCHEDULED ARRIVAL:

- You should **STOP** drinking all liquids, including water. (you may take your medications with 1-2 sips of water up to 2 hours before your arrival time)
- No gum chewing, no hard candy, and no chewing tobacco.

**TO PREVENT DEHYDRATION  
AND HEADACHE...  
CONTINUE DRINKING  
CLEAR LIQUIDS**

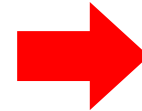


## **GOOD PREP**

This is a similar color and similar consistency of stool for a well prepped patient



***YOU MUST  
FOLLOW OUR INSTRUCTIONS...  
NOT THE PHARMACY'S***



## **POOR PREP**

This would be what your stools would look like with poorly followed prep instructions. Call our office before coming in if your stools are like this.



### **The following foods are generally ALLOWED on a low-fiber diet:**

- Any white pasta, rice, crackers, or anything made with white flour
- White rice, plain white pasta, noodles and macaroni
- Canned or cooked fruits or vegetables without skins, seeds or membranes, or juices with no pulp
- Meats (ground beef and soft meats), fish, eggs, tofu
- Creamy peanut butter
- Milk and milk products (yogurt, pudding, ice cream, cheeses and sour cream), 2 cups a day
- Butter, margarine, oils and salad dressings without seeds
- **No whole grains, seeds, nuts, raisins or coconut**

### **You should AVOID the following foods:**

- Whole-wheat or whole-grain breads, cereals and pasta
- Brown or wild rice and other whole grains such as oats, kasha, barley, quinoa
- Dried fruits and prune juice
- Raw fruit, including those with seeds, skin or membranes, such as berries
- Raw or undercooked vegetables, including corn
- Dried beans, peas and lentils
- Seeds and nuts, and foods containing them
- Coconut
- Popcorn

The diet includes foods that will reduce (not eliminate) the residue in the colon. This diet is smooth in texture and is mechanically and chemically nonirritating.

Keep in mind that you may have fewer bowel movements and smaller stools while you're following a low-fiber diet. To avoid constipation, dehydration, and headaches, you need to drink extra fluids.

**LOW FIBER/LOW RESIDUE DIET**