

# Colonoscopy Preparation Instructions

We will call you to confirm within 72 hours of your appointment.

Medications should be taken as usual leading up to the evening prior to your procedure.  
You may bring in your morning medications with you to take immediately after the procedure.

We prefer you stop taking Motrin/ Aleve/ Ibuprofen (NSAIDS) 1-2 days prior to your procedure. Tylenol is fine to take if needed for pain. If you regularly take Aspirin/ Plavix or blood thinners, please contact our GI Nurse or your cardiologist for instructions. Avoid eating rice, peas, seeds of any kind, nuts, and fresh leafy vegetables/salads at least 3 days prior to your procedure.

## The Day Before Your Procedure:

- You can have a light low residue breakfast (e.g. eggs, plain white bread/toast, plain yogurt). before 10:00 am. After 10:00 am you will need to be on a clear liquid diet. Clear liquids include: Ensure Clear (vanilla, orange), water, ginger ale, broth (chicken, beef, vegetable) apple juice, lemonade, coconut water, black coffee or tea (no milk or creamer), popsicles, Gatorade, or Jell-O. **No red or purple colored items.**
- In addition to the clear liquid diet, you will also need to drink a preparation for your colonoscopy using any of the preparation options as listed on page 2.
- Bowel movements will usually start within 4 hours after the prep begins. Eventually, your stool should become clear, lemonade-like, **NOT** sludgy or brown.
- **NOTHING TO EAT OR DRINK 4 HOURS BEFORE YOUR PROCEDURE**

## The Day Of Your Procedure:

- You are allowed to brush your teeth and rinse your mouth on the morning of your procedure.
- Please make an effort to be well cleaned. We understand the prep is the hardest part, however, the better you prepare, the easier it will be for us to see what's going on inside your colon. Please arrive 15 minutes prior to your appointment time. You can expect to be in the office for at least 2 to 3 hours from the time you're checked in. We suggest that you bring a companion to accompany you home.
- **You will not be allowed to drive or operate heavy machinery until the day after the procedure.**

### IMPORTANT NOTICE

Missed appointments and cancellations within 48 hours of a procedure will incur a \$450 fee.



# Colonoscopy Preparation Options

Follow the exact instructions listed below for how to properly prepare for your upcoming procedure.

**Do not follow the instructions on the bottles**

- Prepare using only one of the options below (unless instructed otherwise) to be taken the day before your procedure

Option 1

CLENPIQ

- Prescription only
- Said to taste like cranberry

Directions

1st dose: 5:00 PM the day prior to your procedure.

Drink the 5-ounce bottle provided followed by five 8-ounce cups of clear liquids, for a total of 40-ounces, within 5 hours and before the next dose.

2nd dose: 8 Hours before procedure.

Drink the second 5-ounce bottle provided followed by five 8-ounce cups of clear liquids.

Option 2

PLENVU

Directions

1st dose: Take 5:00 pm the day prior to procedure. Mix Dose contents in mixing container Stir or shake 1 pouch with 16 ounces of water until dissolved. This may take 2–3 minutes. Pace yourself to complete the dosage in 30 minutes. Refill the container with 16 ounces of clear liquid. Be patient and complete it in 30 minutes.

2nd dose: Take 8 hours before procedure. Mix Dose 2 (Pouch A and Pouch B) into at least 16 ounces of water in the mixing container until thoroughly dissolved. This may take 2–3 minutes. Pace yourself to complete the dosage in 30 minutes. Refill the container with 16 ounces of clear liquid. Be patient and complete it in 30 minutes

Option 3

GOLYTELY/GAVILYTE

- Prescription only
- Said to taste like lemon and salty well water

Directions

To prepare: **2 nights prior** to your procedure, fill the container up to the indicated line on the side of the bottle. Then, shake and store in the refrigerator to be consumed the day before your procedure.

1st dose: 3:00 PM - 5:00 PM the day prior to your procedure.

Drink 10-ounce glasses of the prepared GOLYTELY every 10-15 minutes until the first 2-liters are consumed.

2nd dose: 8 Hours before procedure.

Drink 10-ounce glasses of the prepared GOLYTELY every 10-15 minutes until LAST 2-liters are consumed.

Option 4

OVER THE COUNTER

Dulcolax (bisacodyl) +  
Miralax (polyethylene glycol)

Least expensive option, available over the counter and requires that you purchase 3 ingredients:

- To buy
- 1 box of Dulcolax Laxative Tablet (must be the laxative pills)
  - Miralax 238-grams/ 8.3-ounce bottle
  - 2-liters of Gatorade (**NO RED/PURPLE FLAVORS**)

Directions:

1st dose: 3:00 PM the day prior to your procedure. Take four 5-mg Dulcolax tablets (for a total of 20-mg) at once. Mix the whole bottle of Miralax into the 2-liters of Gatorade.

2nd dose: 4:00 PM the day prior to your procedure. Drink the first liter of the mixed Miralax/ Gatorade solution within 1 hour.

3rd dose: 8 hours prior to the procedure. Drink the last liter or Miralax/ Gatorade solution.



Additional Information

All patients must complete a GI consult within 30-days prior to any scheduled procedure. This consult is required in order to get approval for anesthesia for the procedure. Your physician may require a cardiac evaluation prior to your procedure.

Insurance Clearance And Coverage Info

Many insurance plans have in-network or out-of-network co-pays, deductibles, and co-insurance that may not be determined by the insurance company until the claim has been submitted. In-network doctors **CANNOT legally waive or discount** co-pays, deductibles, or co-insurance.

**Please bring a CREDIT CARD on the day of the procedure.** This will be kept in our files to cover any out-of-pocket costs. If any costs are not covered, you will be notified by our anesthesia billing department, **Diana (718) 974-9742.**

Anesthesia Coverage

Our anesthesiologists are **Dr. Carlon** and **Dr. DiGiovanni**. We will make any reasonable efforts to contact you before the procedure to discuss your expected out-of-pocket costs, if any. For Anesthesia questions or anesthesia billing questions, you can reach **Dr. Carlon** directly via phone **(646) 244-0950**, email **gccarlon@gmail.com**, or through his assistant **Diana (718) 974-9742** or **Crystal (646) 361-4800**

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