

PATIENT INSTRUCTIONS FOR COLONOSCOPY

Name: _____

Date of Exam: _____

Time: _____

PLEASE ARRANGE AN ESCORT TO BRING YOU HOME FROM THE EXAM.

If you take **Coumadin** or **Plavix** please contact the office for instructions. You may take Tylenol and Aspirin.

___ **The Fifth Ave Surgery Center** 1049 Fifth Ave (5th and 86th)

___ **New York Hospital Queens Endoscopy Unit** 56-45 Main Street Flushing, NY

PREPARATION

Obtain one bottle of Miralax 238 grams and 4 Dulcalax tablets (these are over the counter, no prescription needed).

DAY BEFORE EXAM

1. Drink **only clear liquids** for lunch and dinner. Avoid juices with pulp, milk and red colored drinks.
2. At 5:00 p.m.: Mix 64 ounces of any clear fluid (lemonade, soda, water, etc...) with the entire bottle of Miralax. Drink one glass every 15 - 20 minutes until the 64 ounces are completed. This should take 2 to 3 hours.
3. At 7:00 p.m. Take 4 Dulcalax Tablets.
4. Drink clear fluids as desired.

DAY OF EXAM

Please do not take anything by mouth 6 hours prior to the exam except for essential medications with a sip of water

NOTE: A \$250 charge may be incurred for appointments cancelled within 48 hours of the scheduled exam except for medical emergencies.