

# Rochester Gastroenterology Associates, LLP

Tarun Kothari, M.D., F.A.C.G., F.A.C.P.  
Krishan Thanik, M.D., F.A.C.G., F.A.C.P.  
Prasad Penmetsa, M.D., M.R.C.P.  
Surinder Deygun, M.D.  
Beverly Strohm, P.A.-C.

[www.rochestergastrohealthcare.com](http://www.rochestergastrohealthcare.com)

## **INSTRUCTIONS FOR COLONOSCOPIC PREP WITH MIRALAX, ZELNORM & GATORADE**

Name \_\_\_\_\_ Procedure \_\_\_\_\_

YOU HAVE BEEN SCHEDULED FOR THE ABOVE EXAMINATION. PLEASE REPORT TO:

**PARK RIDGE HOSPITAL  
ENDOSCOPIC MEDICAL PROCEDURES CENTER (EMPC)**

REPORT AND REGISTRATION TIME:

PROCEDURE TIME:

DATE/DAY:

### **PLEASE REVIEW ALL INSTRUCTIONS UPON RECEIPT**

You will need to obtain one (1) 255 g bottle of MiraLax, two (2) Zelnorm tablets (6mg each), and one (1) 64 oz bottle of clear Gatorade, or two (2) 32 oz bottles of clear Gatorade only. (Examples of acceptable Gatorade flavors are Gatorade Ice)

\*Prescriptions for MiraLax and Zelnorm will be included with these instructions\*

**In order to assure optimal colonoscopic examination, the following guidelines are recommended:**

1. **Take no aspirin or aspirin containing products for five (5) days before the procedure. Acetaminophen, (Tylenol) can be used. Do not take any arthritis medications like ibuprofen (Advil, Aleve, Motrin, Naprosyn, Celebrex, Bextra) for three to five (3-5) days before the procedure.**
2. Take no extra dietary fiber, including Metamucil, Citrucel, Fibercon, or similar products for one (1) week before the procedure.
3. **Stop all iron medications, or vitamins containing iron one (1) week before the procedure.**
4. Please discontinue use of **CARAFATE** or any antacids (Maalox, Tums, Rolaids) 24 - 48 hours prior to procedure.
5. Do not eat nuts, raisins, fruits containing seeds, foods containing seeds (sesame, poppy, ect.) or uncooked vegetables three (3) days before the procedure.

**Please turn over...**

## **DIRECTIONS FOR COLONOSCOPY PREP WITH MIRALAX, ZELNORM & GATORADE**

**PAGE -2-**

6. You can take your regular medications on the morning of the examination, except insulin. Please check with us prior to taking any insulin or other antidiabetic medications on the morning of the examination.
7. If you are on any kind of blood-thinning medications, such as **COUMADIN**, please inform our office at 227-1080, **IMMEDIATELY**.

### **DAY BEFORE EXAMINATION**

1. Begin a clear liquid diet one (1) day before the procedure. No food is allowed. Clear liquids include water, strained fruit juice without pulp (apple, white grape, lemonade), clear broth or bouillon, coffee and tea (without cream or non-dairy creamer), Gatorade (**NO** red, green, purple, or blue), carbonated and non-carbonated soft drinks, Kool-Aid (**NO** red, green, purple, or blue), plain Jell-O (**NO** red, green, purple, or blue), and popsicles (**NO** red, green, purple, or blue). **DRINK AS MUCH LIQUID AS YOU CAN TOLERATE**.
2. At 10:00 am take one Zelnorm tablet.
3. At 4:00 pm take one Zelnorm tablet.
4. At 5:00 pm mix the 255 g bottle of MiraLax in 64 oz of Gatorade. Shake the solution until the MiraLax is dissolved. Drink an 8 oz glass of the solution every 10 minutes to 15 minutes until the solution is all gone.
5. Continue drinking clear liquids until bedtime.

### **DAY OF EXAMINATION**

1. You should plan on 2 - 3 hours, including recovery time, for this test.
2. Transportation arrangements must be made for someone to pick you up at the EMPC and accompany you home. **NO EXCEPTIONS CAN BE MADE!**
3. You must arrange for a neighbor, friend, or family member to stay with you after your arrival home, since sedation effects can last well into the evening.
4. For some procedures, prior blood tests may be necessary. These tests need to be done between 1 - 3 weeks before the procedure. Special instructions will be given for people on blood-thinning medications. If you are required to have these blood tests, the requisition for the laboratory will be enclosed.
5. If you are unable to keep your scheduled appointment, cancellation is appreciated 48 hours in advance by calling **227-1080** between 9 a.m. and 4:30 p.m. If you fail to notify us you may be charged. Also, please call this number if you have any further questions.