

# Capital Region Gastroenterology

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**CCP ENDOSCOPY Suite 6 Wellness Way, GO4 Latham, NY 12110 WEST ENTRANCE**

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

**Arrival time:** \_\_\_\_\_ **Day:** \_\_\_\_\_ **Date:** \_\_\_\_\_

You will arrive 45 minutes prior to your procedure.

Expect to be at the facility at least 90 minutes from when they take you in for the procedure.

You do need a ride; you will be sedated and are **NOT** allowed to drive. Please ask your ride to stay in the building or do not leave the Latham area. You will be done in 90 minutes.

**For better colonoscopy preparation results: Please eat lightly 3 to 4 days prior, half what you normally eat this includes Rice, Bread, Pastas. You will need to purchase MiraLAX and Laxatives over the counter.**

**PURCHASE AT THE PHARMACY:** (6) 5mg tablets of Dulcolax and a 238g bottle of MiraLAX powder or any generic brand, along with 64 ounces of Gatorade, NO RED, ORANGE, or PURPLE. **Another other color is allowed.** If you don't like Gatorade, you can use 64 oz of Water, or 64 oz of Crystal Light.

**TWO WEEKS PRIOR TO PROCEDURE: You must stop ALL GLP-1 medications. This includes Wegovy, Zepbound, Ozempic, Rybelsus, Monunjaro, and any Semaglutide.**

**ONE WEEK PRIOR TO PROCEDURE:** Do not take any iron pills or medications that cause bleeding. These include PLAVIX, XERALTO, COUMADIN, Eliquis, Xarelto Aspirin, Percodan, Alka-Seltzer. **If you take a Blood Thinner, please discuss with the doctor.** You must stop Advil, Motrin, Nuprin, Naproxen, Sulindac, Clinoril, Piroxicam, Feldene, Indomethacin, Indoein, Diclofenac, Voltaren. Tylenol and other brands of Acetaminophen are SAFE TO USE.

**Two nights** prior take (2) 5mg Dulcolax tablets in the evening.

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**Afternoon appointments: After 12 noon**

At 5 to 6 am take 2 tablets of Dulcolax, laxative pill with water by mouth.

At **7am** add the whole **238 gram bottle of Miralax to the 64 ounces of Gatorade.** Start drinking the Gatorade/ MiraLAX solution. Drink 8-ounce glass every 10 minutes until completed. Make sure you finish by 10 am.

You may continue to drink clear liquids up to 2 hours before the time of your exam. **DO NOT EAT ANY FOOD.**

**DO NOT EAT UNTIL AFTER YOUR PROCEDURE. NO MEDICATION DAY OF THE PROCEDURE UNLESS DIRECTED BY THE DOCTOR UNTIL AFTER HIS PROCEDURE. YOU NEED A RIDE OR THEY WILL NOT DO THE PROCEDURE.**

**YOUR RESULTS WILL BE IN THE FOLLOW MY HEALTH PORTAL IN 1-2 WEEKS AFTER THE PROCEDURE AND THEY WILL BE MAILED TO YOU.**