

PROCEDURE DATE: \_\_\_\_\_

PROCEDURE ARRIVAL TIME: \_\_\_\_\_

PROCEDURE START TIME: \_\_\_\_\_

NIAGARA AMBULATORY CENTER (RUN BY CHS)  
5875 SOUTH TRANSIT ROAD, LOCKPORT, NY 14094  
(716) 514-5730

Dr. Chubineh's Colonoscopy Preparation – Miralax  
No prescription necessary, purchase over the counter  
Miralax 238 Gram Bottle  
4 Dulcolax tablets – 5 mg tablets  
60-64 ounce bottle of Gatorade (2 30 OR 32 ounce bottles, no red or purple)  
4 gas tablets (gas-x, Mylanta gas)

The following instructions are very important. Please read this thoroughly and follow the instructions as outlined. The preparation for your colonoscopy is among the most critical and challenging parts of your colonoscopy. The bowel must be adequately cleansed for proper visualization; otherwise the exam may need to be repeated or canceled. Please follow the instructions carefully to avoid having to reschedule your procedure. **Please be sure to take the prep as directed. If you have any questions or problems, please call us at 716-240-2296 so we can resolve them as soon as possible.**

**1 week prior to your procedure**

1. If you are on Coumadin (Warfarin), Plavix, Pradaxa (Dabigatran), Xarelto (Rivaroxaban), Aggrenox, Lovenox, or any other blood thinning medication, contact the physician that prescribes this medication to discuss if discontinuation will be required. If you, or your physician have any questions, please contact our office.
2. Be sure to let us know if you have had coronary artery stents placed in the last year, as this may require delay of routine colonoscopy.
3. Consider the clear liquid diet you will be adhering to, and ensure that you have enough clear liquids at your disposal to keep you hydrated the day before your procedure. (See clear liquid diet included at bottom of next page).
4. GLP-1 agonists including once weekly medications like Trulicity, Tanzeum, Wegovy, Ozempic, Mounjaro, and Bydureon will need to be held from this point until after your procedure.

**5 days prior to your procedure**

Stop taking all Iron containing supplements. You may continue your Multivitamin.

**2 days prior to your procedure**

Stop all non-steroidal medications including Ibuprofen, Advil, Motrin, Aleve, Indocin, and Celebrex. You may use Tylenol (acetaminophen) as a substitute. If you require stronger pain medication, contact your Primary Care Physician.

### **The day prior to your procedure**

1. **Do not eat any solid foods. Drink clear liquids only.**
2. With the exception of the medications outlined above, all medications may be taken as usual.
3. Do not drink alcohol and discontinue all tobacco products
4. Discontinue daily GLP-1 agonists such as Adlyxin, Byatta, Rybelsus, Victoza, Saxenda.
5. You may continue with your multivitamin.
6. Be sure to drink plenty of fluids before your procedure. If you become dehydrated, it could affect your kidney function.
7. Drink liquids with calories, not dietetic or sugar free products, so your blood sugar does not get too low. We recommend Gatorade or other sports drinks.
8. Do not have anything red or purple in color.
9. Do not consume dairy products (milk) or juices with pulp.
10. You may have water, Gatorade, or other sports drinks, black coffee or tea (sugar is OK), apple, white grape or white cranberry juices, ginger ale, Sprite, 7-Up, seltzer, popsicles, clear beef, chicken bouillon, and Jell-O.

### **4:00 PM – Take 4 Dulcolax tablets with water**

### **6:00 PM**

1. Mix  $\frac{1}{2}$  of the Miralax bottle (119 grams) with 30 or 32 ounces of Gatorade until dissolved. Drink solution at rate of 8 ounces every 15-30 minutes until first bottle is gone.
2. Continue to drink clear liquids until bedtime.
3. The laxative effect can begin within 1-4 hours. Be prepared to be near the bathroom during the preparation.
4. If you feel nauseous or like you are going to vomit while drinking the prep, stop drinking for 45 minutes to 1 hour, until symptoms subside, then resume.

**9 pm** – take 2 gas tablets with 8 ounces clear liquid (Gas-X or Mylanta Gas - chew ables are OK)

**10 pm** – take 2 gas tablets with 8 ounces clear liquid

### **The day of your procedure 4-6 hours before arrival time**

1. Take the 2nd bottle of gatorade (30 or 32 ounces with Miralax). You have to get up in the middle of the night to take this dose. This is essential for a good preparation of the colon.
2. Do not have breakfast of any kind.
3. You may continue to drink clear liquids until 3 hours before your scheduled arrival time. Please stop drinking at this point to avoid having your procedure delayed.
4. All oral diabetic medications should **not** be taken the day of the procedure.
5. Patients on insulin should contact the physician who prescribes the insulin for instructions for day prior to and day of the procedure. Check your blood sugar frequently during this time.
6. Take all your heart, blood pressure, and seizure medications as usual with small sips of water.
7. If your bowel movements are still solid/brown, call the office for instructions.
8. If you are a woman of childbearing age, you will be required to submit a urine pregnancy test unless you have had tubal ligation, hysterectomy, etc. Please keep this in mind.

**After your colonoscopy**

1. You should not plan to work, schedule other appointments or meetings following the procedure. You should not drive the remainder of the day secondary to the Anesthesia you received.
2. After your procedure if completed, you may experience some cramping or bloating because of the air introduced into the colon during the examination. This should discontinue promptly with the passage of the gas.
3. You can expect to be at the surgery center for a total of approximately 2 hours from the time you arrive, so please plan appropriately.
4. If you should experience any fever, chills, worrisome rectal bleeding, or severe abdominal pain, contact the office immediately at 716-240-2296.
5. A nurse will go over your results in the recovery area. If polyps or biopsies were obtained, you will be asked to call for results in 1 weeks' time. Depending on the indication for the procedure, you may be asked to have a follow up visit in the office, typically within 2-3 weeks' time.
6. Because you are receiving moderate sedation, you must have an adult (18 years or older) accompany you home. You may take an uber or taxi only if you have someone over the age of 18 to accompany you home. If you do not have a ride or a responsible adult to accompany you, we cannot do the procedure with sedation.