

Nathan Littauer Hospital
99 East State Street
Gloversville, NY 12078
518-773-5668



Johnstown Surgical Center
434 S. Kingsboro Ave.
Johnstown, NY 12095
518-752-5275

Nathan Littauer Department of Gastroenterology

Dr. David Cohen • Dr. Hadi Minhas • Dr. Shri Verma • Dr. Zainul-Abideen Syed

Patient Name: _____ Date of Birth: _____
Provider: _____

When it's time for your colonoscopy screening, you'll need to prepare your bowels by cleaning them out beforehand. Adequate preparation is essential to a successful colonoscopy. If your colon isn't clear, your healthcare provider won't be able to see properly inside and may cause cancellation of your procedure.

PREPARATION DETAILS

1 Week Before your Procedure

- ☐ Find an adult to drive you home after your colonoscopy. Taxis, buses or ride shares (Uber, Lyft, etc.) are not allowed unless accompanied by a responsible adult over the age of 18 who will commit to staying with you for 12 hours.
 - Note: If someone does not accompany you and stay with you, your procedure will be canceled and rescheduled at a later date when you can find someone to accompany you and take care of you.
- ☐ Pick up your prescribed prep, or purchase your over-the-counter prep as directed by your provider, as well 64OZ of Gatorade or other clear liquid to mix with: except colors: red, purple, blue, or orange. If Diabetic, use Gatorade G2 or Low sugar/Low carb drinks.
 - Prep prescribed by provider:
 - ☐ Golytely Prep
 - ☐ Dulcolax / MiraLAX Prep
 - If you suffer from constipation, please discuss with your provider or nursing staff on using over-the-counter laxatives for one week before your colonoscopy prep.
- ☐ Check your medications. If you are taking blood thinners (Eliquis, Plavix, Effient, Xarelto, Brilanta, Coumadin) or diabetes/weight loss medications (Trulicity, Ozempic, Wegovy, Mounjaro, Saxenda, Rybelsus, Zepbound, Semaglutide, Phentermine), check with your prescribing provider to see if they need to be stopped. If questions call: 518-752-5275.
- ☐ If you have an AICD or pacemaker ensure you have the manufactures information to bring with you (type, manufacturer, companies phone number).
- ☐ Follow a low-fiber, and low residue diet
 - A low fiber diet includes foods that are easy to digest and do not leave residue in your colon.
 - ☐ Enriched white bread (NO whole wheat, whole grain, oat or multigrain).
 - ☐ White rice or plain white enriched pasta or noodles.
 - ☐ Cereals with no more than 1 gram of dietary fiber per serving.
 - ☐ Canned fruits without skins, seeds or membranes (examples: canned peaches, pears or fruit cocktail are okay).

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- ☐ Canned soups without corn or peas (examples: chicken noodle or tomato soup are okay).
- ☐ Eggs
- ☐ Fully cooked Turkey, Chicken, or Fish
- ☐ Juices without pulp.
- ☐ Condiments (plain yellow non-grainy mustard, mayonnaise, ketchup)
- ☐ Small amounts margarine, butter or oil for cooking
- Do not use:
 - ☐ Whole Wheat, Whole Grain, Oats, or Multigrain bread and other products
 - ☐ Brown or wild rice
 - ☐ Raw or dried fruits and vegetables
 - ☐ Dried beans, baked beans, peas, tomatoes with skin and seeds or corn
 - ☐ Flax or any food products containing flax, nuts or seeds Popcorn or any snack food containing corn, nuts or seeds
 - ☐ Discontinue iron supplements, Metamucil, Citrucel, Fiber all, etc

1 Day Before your Procedure

Dr. Cohen's patients, please see page 3-4 for prep instructions.

Morning

- ☐ DO NOT EAT ANY FOOD for the entire day, starting from the time you wake up. You may only drink clear (see-through) liquids. No red, purple, blue, or orange colors.
 - ☐ This includes Breakfast, Lunch, and Dinner
 - Examples: broth, bouillon, tea and coffee without milk or cream, carbonated beverages, juices without pulp, Italian ices, Popsicle's, Jell-O and Kool Aid (except colors: red, purple, blue, or orange).
- ☐ **Dulcolax / MiraLAX Prep ONLY:**
 - ☐ **11 AM:** Take 4 Dulcolax tablets with a clear beverage of your choice

Afternoon

- ☐ **Dulcolax / MiraLAX Prep ONLY:**
 - ☐ **1 PM:** mix the 255-gram bottle of MiraLAX in 64 oz. of Gatorade or other clear liquid. Shake the solution until the MiraLAX is dissolved.
 - ☐ Drink an 8 oz. glass every 30-45 minutes until the solution is gone

Evening

- ☐ **Golytely Prep ONLY:**
 - ☐ Mix GoLYTELY powder with 4 Liters of water, lemonade, or Gatorade (except colors: red, purple, blue, or orange).
 - ☐ 4 PM drink 2 Liters and repeat until 10 PM.
 - ☐ It is important to continue drinking clear liquids until bedtime.
- ☐ **MiraLAX prep ONLY:**

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- ☐ **7 PM** mix 1 bottle of MiraLAX with 64 oz. of Gatorade or other clear liquid and start drinking this until finished.
- ☐ **All Preps:** It is important to continue drinking clear liquids until bedtime. Do not drink anything after 2 AM.

During Preparation

- If you are getting sick from drinking the solution (vomiting), stop drinking for 1-2 hours and then restart drinking the rest of the solution.
- If you feel that you are not completely cleaned out after drinking all the solution, you may use any over the counter laxatives.
 - *Example:* Milk of Magnesia or MOM (you may have to buy these in advance).
 - Stop taking these over-the-counter medicines once you feel you are completely cleaned out or stop at 2 AM on the day of procedure, whichever comes first.

The Day of your Procedure

- Do not drink anything after 2 AM.
- Do not eat any food.
 - If you eat, drink anything including water or chew gum after 2 am or on the day of procedure, your procedure will be delayed for 6-8 hours or cancelled.
- NO SMOKING on the day of your surgery.
- If your stool is not clear (see-through, can look like yellow water), call your endoscopy location immediately for further instructions.
- If you are on medicine for diabetes, take half your normal morning dose. Take your other medications as usual with a small sip of water unless instructed to stop the medications before your procedure.
- Bring your medication list with you.

Dr. Cohen's Split Dose MiraLAX Prep Instructions

Note: pharmacy instructions may differ from these instructions. Please follow these instructions for this procedure.

You will need:

- ☐ Two 64-ounce containers of Crystal light lemonade, decaffeinated iced tea, Gatorade, or flavored (noncarbonated) water. Place in refrigerator to cool these.
 - Avoid RED, BLUE AND PURPLE flavors.
- ☐ Two 238g (8.3 ounce) bottles of MiraLAX and or generic store brand equivalent if not covered by your insurance as it is OTC, you will need to pay out of pocket.

Steps:

1. The evening before your procedure at **6 PM:**
 - ☐ Mix entire contents of one 238g bottle of MiraLAX with 64 ounces of cold beverage of choice.
 - ☐ Drink 8 ounces every 10-15 minutes until all 64 ounces is finished.
 - Drink it down, do not sip.
 - This may cause some bloating which should resolve as you began to have bowel movements.
2. The day of your procedure:

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- ☐ 8 hours before your procedure time mix the entire contents of the second 238g bottle of MiraLAX with 64 ounces of cold beverage of choice.
- ☐ Drink 8 ounces every 10-15 minutes until all 64 ounces is finished.
 - Drink it down, do not sip.
 - This may cause some bloating which should resolve as you begin to have bowel movements.
- 3. You may continue to drink clear liquids until 4hr to arrival the procedure
- 4. Nothing by mouth until after the procedure.
- 5. You should take your regular morning medications, unless otherwise instructed with a small sip of water.

Time for your Procedure

- Your scheduled time for the procedure is an estimated time and there can be unexpected delays in the operating room.
 - Please expect to be in the operating room for 3-4 hours on the morning of the procedure. We will try our best. Every patient needs appropriate attention. Any scheduled procedure may last longer than expected and also occasionally emergency procedures are performed before the scheduled procedure, delaying the scheduled procedures. Other unforeseen events can also lead to delaying the scheduled procedures. Please excuse any delays in advance.
- When you arrive, you will be asked to complete paperwork and change into a patient gown
- The nursing staff will perform an assessment, place an I.V., and take you into the procedure room where you will be sedated and undergo the procedure.

After Your Procedure

- You will rest in the recovery room while the sedative wears off
- Due to the sedation, you may not remember your conversation with the doctor after the procedure. Please have a family member or friend stay with you that can speak with the doctor or nurses after procedure. By law, you cannot drive the rest of the day of the procedure. You must have a ride home (no taxi, ride share, or bus).
- Rest and eat light when you go home

Questions

Nathan Littauer OR Scheduling: 518-773-5668.

- To reschedule or cancel a procedure
 - Our office requires a minimum of 48 hours' notice when rescheduling or cancelling a procedure.
- If you have not received a phone call with a procedure date after a week of being seen in the office.

Department of Gastroenterology: 518-773-8896

- To reschedule or cancel an office appointment
- To have a medication refilled
- Questions for your provider
- Questions regarding prep for your procedure