

Procedure Locations:

**David H Koch Building
Endoscopy Center**
1283 York Avenue, 8th Floor
New York, NY 10065

IMPORTANT PLEASE READ DIRECTIONS CAREFULLY
AT LEAST 10 DAYS BEFORE YOUR PROCEDURE!

ARE YOU TAKING ANTI-PLATELET MEDICATIONS or BLOOD THINNERS?

☐ Yes ☐ No ☐ Other
☐ 46 ☐ 962-4000
☐ should ☐ not ☐

Commonly prescribed medications:

- | | | | |
|---|---|---|---|
| ☐ | (| ☐ | (|
| ☐ | (| ☐ | (|
| ☐ | (| ☐ | (|
| ☐ | (| ☐ | (|
| ☐ | (| ☐ | (|
| ☐ | (| ☐ | (|
| ☐ | (| ☐ | (|

DO NOT STOP YOUR ASPIRIN UNLESS INSTRUCTED TO DO SO BY YOUR DOCTOR

Do you have a Cardiac defibrillator (AICD) or a permanent pacemaker (PPM) Or Current Cardiac issues?
A clearance letter ☐

☐ ☐ ☐ ☐ PPM ☐

PURCHASING THE PREP

Before your colonoscopy, you will need to pick up & purchase the following prep items:

1. **MIRALAX**- Two Over-the-counter bottles of MiraLAX (238 grams) powder
2. **DULCOLAX**- Over-the-counter laxative tablet, called Dulcolax (not the stool softener type)- four (4) tablets
3. **GATORADE** - Two 32 oz. bottles of Gatorade (if you are **diabetic**, please use a clear diet beverage or diet Gatorade 0 Tw ()Tj-020edi10bl

Seven Days Before Your Exam:

Stop oral iron supplements. You can resume after your procedure.

6 a m g d b g

Five Days Before Your Exam:

Stop oral iron supplements. You can resume after your procedure.

Two Days Before Your Exam:

You can have a light breakfast

After Breakfast you can only have **clear liquids**, such as Jell-o, popsicles, broth, tea, black coffee and juice

The Day Before Your Exam:

No solid food for the entire day

You can only have **clear liquids**, such as Jell-o, popsicles, broth, tea, black coffee and juice

You cannot eat solid food until AFTER your exam

Water Black coffee or tea	Ginger ale and other Sodas
------------------------------	----------------------------

You can buy these as needed from the Grocery Store

1 box Chicken Bouillon/broth

(



1 bottle Ginger Ale or Clear Juice (No pulp)

(



