

**Division of Gastroenterology  
Department of Medicine**

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**Procedure Date:  
Arrival Time:  
Case:**

**Pre-procedure Checklist for Colonoscopy (2-Day Prep):**

**One week before your procedure:**

- Do not take any aspirin NSAIDS (such as ibuprofen, Motrin, Advil, Aleve), or aspirin-containing products approximately 7 days prior to the procedure.
- Stop Plavix/Coumadin 7 days before procedure. (Please inform the physician that put you on blood thinner medication, if there is an issue of you stopping this medication please call the office and speak to Dr. Swaminath).
- BUY at the Pharmacy : One 10 ounce bottle of the Lemon flavored Magnesium Citrate, 1 fleet enema and 1 bottle of 236gram Miralax powder. A prescription is NOT required

**TWO DAYS BEFORE your procedure:**

- Drink only clear liquids for breakfast, lunch and dinner. These include water, apple juice, jello (not red or grape) plain chicken broth, ginger ale, Gatorade (lemonade), sprite, and any other clear liquid. (Anything you can see through is considered clear).
- At ~ 9:00 pm, drink one bottle of magnesium citrate.

**The DAY BEFORE your procedure:**

- Today, you may **only have clear fluids** – i.e., **NO solid food**.
  - Aside from clear beverages, you may consume things like: **(SAME AS DAY BEFORE)**
    - Clear Jello (*not* pudding, avoid red and purple Jello, no fruit pieces)
    - Clear broth (*broth only* – no noodles, etc.)
    - Popsicles that don't contain fruit pieces.
- **Drink more than you normally do today, as you need to stay hydrated.**
- **Mix Entire bottle of Miralax with 64 ounces of clear non-carbonated liquid, like lemon Gatorade, water or apple juice**
- **At 12:00 pm (noon), please take the first part of your colon prep -32 ounces**
- **At 6:00 pm, please take the second part of your colon prep- 32 ounces**

**The DAY OF your procedure:**

- **Nothing to eat or drink starting at midnight.**
- **4 hours before procedure time Fleet Enema rectally.**
- It is okay to take your morning medications with a small sip of water *unless* you take medicine for diabetes →
- Please come to the **Endoscopy Unit on the 2<sup>nd</sup> floor of the main building of Lenox Hill Hospital, at 100 E. 77<sup>th</sup> Street** at your scheduled arrival time.
- Please be aware! Delays can always occur!!! If you are not the first case of the day, please remember that delays can cause a wait time.
- It is highly recommended that you do not schedule any other activities the day of your procedure.
- Due to the medications that you will receive for sedation, you will need a family member or friend to take you home. If you do not have an escort arranged, the procedure will be cancelled.
- If any questions arise, feel free to call Dr. Swaminath's office at 212-434-3427

**IF YOU ARE DIABETIC:**

- If you take ORAL medication, please DO NOT take your medication on the day of your procedure, but do bring it with you.
- If you take INSULIN, please speak with the prescribing physician regarding the dose of insulin the day before and day of procedure.