



ISLAND  
GASTROENTEROLOGY  
CONSULTANTS, P.C.

1175 MONTAUK HIGHWAY, SUITE 3  
WEST ISLIP, NY 11795  
TEL 631-669-1171 FAX 631-669-1912

# COLONOSCOPY -Miralax / Crystal Light Prep

*Your physician has ordered a procedure called Colonoscopy. The purpose of this examination is to view the inside of the large intestine (colon).*

Your procedure will take place at:

Island Endoscopy Center  
1175 Montauk Hwy  
Suite #1  
West Islip, NY 11795  
Arrive 30 min prior

Endoscopy Unit  
1145 Montauk Hwy  
West Islip, NY 11795  
Arrive 30 min prior

Good Samaritan Hospital  
3<sup>rd</sup> Floor – ASU 3  
1000 Montauk Hwy  
West Islip, NY 11795  
Arrive 1 hr prior

NSLIJ  
Southside Hospital  
301 East Main St  
Bay Shore, NY 11706  
Arrive 1 hr & 30 min prior

This test is scheduled on:

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Please read each page of the following instructions completely and carefully.  
Call (631) 669-1171 *immediately* if you are unable to keep this appointment.

In preparation for this exam, you will need the following:

**Miralax 238g** (one bottle) • **Crystal Light with 64oz Water** (nothing red or purple) • **Dulcolax** tablets (two)  
*These are over-the-counter products and can be found in any pharmacy or drug store.*

**When you receive your instructions:**

1. **Arrange for a responsible adult to accompany you. He/She must accompany you to and from the procedure. Your driver must present him/herself to the receptionist at the time you check in!** Your exam will be cancelled unless you have a driver. No public transportation will be permitted, unless prior arrangements are made and a responsible adult accompanies you.
2. Call (631) 669-1171 *immediately* if you take blood-thinning medicine. *There is no need to stop Aspirin or Plavix unless directed.*
  - **You may be advised to stop Coumadin 5 days prior to your exam.**
3. Call (631) 669-1171 *immediately* if you have a pacemaker or internal cardiac defibrillator.
  - **Your exam may have to be rescheduled at the hospital if you have a defibrillator.**
4. Call (631) 669-1171 *immediately* if you had a heart valve replaced.
  - **Antibiotics may be necessary prior to your exam.**
5. Please stop taking iron supplements 7 days prior to your exam.
6. **Unless otherwise directed by your physician, take all of your medications on the day of your exam with small sips of water.**

\*Instructions for taking diabetic medications are attached.

RAJ MARIWALLA, M.D NOEL D’SILVA M.D. DARIUS SORBI M.D.  
WILLIAM DISANTI M.D. SHAHZAD IQBAL M.D. FRANK PALUMBO M.D. JUAN BAEZ M.D



ISLAND  
GASTROENTEROLOGY  
CONSULTANTS, P.C.

1175 MONTAUK HIGHWAY, SUITE 3  
WEST ISLIP, NY 11795  
TEL 631-669-1171 FAX 631-669-1912

PLEASE NOTE THAT MIRALAX IS NOT AN FDA APPROVED BOWEL PREPARATION, BUT HAS BEEN FOUND TO BE SAFE AND EFFECTIVE FOR THIS PURPOSE IN MULTIPLE STUDIES IN SELECTED PATIENTS. IF YOU HAVE A HISTORY OF HEART FAILURE, KIDNEY FAILURE, LIVER DISEASE, DIABETES, OR CHRONIC CONSTIPATION, OR IF YOU ARE 70 YEARS OF AGE OR OLDER, PLEASE CALL OUR OFFICE BEFORE USING THIS PRODUCT.

### **Risks associated with colonoscopy:**

Serious problems with this exam are uncommon. Possible complications include:

1. Perforation (tear through the wall of the bowel, which may require emergency surgery)
2. Bleeding (in most cases minor unless large polyps are removed)
3. Infection
4. Allergic reaction to the drugs (slight burning or pain may be experienced during IV sedation which resolves quickly).

---

### **Preparing for the exam:**

- Avoid eating lettuce, high fiber foods, seeds and vegetables for **three** days before taking the bowel cleansing solution. This will improve the preparation.
- Mix 238g of Miralax with 64oz of Crystal Light. Make sure the solution is mixed well before drinking.
- **You may have clear liquids by mouth up to 6 hours prior to the procedure.**

**Instructions:** *Failure to follow these instructions may result in a repeat exam or cancellation of your exam.*

#### **A. If your procedure is scheduled before 1:30 pm:**

- **Eat only 'low-residue diet' the day before the procedure.**
- **Split-Dose (Preferred):** At **5pm**, the day before your exam, drink the Miralax and Crystal Light mixture. Drink 8 ounces every 15 minutes until half of the solution is finished. At **9pm**, take two Dulcolax tablets. About **6 hours before the procedure**, finish the rest of the Miralax and Crystal Light mixture (8 ounces every 15 minutes). OR
- **Single-Dose:** At **5pm**, the day before your exam, drink the Miralax and Crystal Light mixture. Drink 8 ounces every 15 minutes until the solution is finished. At **9pm**, take two Dulcolax tablets.
- (If you have nausea, stop drinking for 30 minutes and then resume drinking)

#### **B. If your procedure is scheduled after 1:30 pm:**

- **Eat only 'low-residue diet' the day before the procedure.**
- At **6am**, the day of your exam, drink the Miralax and Crystal Light mixture. Drink 8 ounces every 15 minutes until the solution is finished. (If you have nausea, stop drinking for 30 minutes and then resume drinking). At **9am**, take two Dulcolax tablets.
- (If you have nausea, stop drinking for 30 minutes and then resume drinking)

RAJ MARIWALLA, M.D. NOEL D'SILVA M.D. DARIUS SORBI M.D.  
WILLIAM DISANTI M.D. SHAHZAD IQBAL M.D. FRANK PALUMBO M.D. JUAN BAEZ M.D.



**Low-Residue Diet For Colonoscopy Preparation:**

<b>Food Group</b>	<b>Examples of Foods Allowed *</b>
<b>Beverages</b>	<ul style="list-style-type: none"> <li>• Water, Tea, Coffee</li> <li>• Milk</li> <li>• Soda</li> <li>• Ice pop, Italian ice</li> </ul>
<b>Bread/Cereals/Pasta</b>	<ul style="list-style-type: none"> <li>• White bread, crackers, muffins, pancakes, bread</li> <li>• White rice</li> <li>• Refined cereals, farina</li> <li>• Refined pasta and noodles</li> <li>• Cream soups</li> </ul>
<b>Fruits</b>	<ul style="list-style-type: none"> <li>• Fruit juice without pulp</li> <li>• Canned or cooked fruit without skin or seeds (peach, pear, apricot, apple)</li> <li>• Raw banana</li> <li>• Applesauce</li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>• Vegetable juice without pulp</li> <li>• Well cooked: carrots, green beans, beets, pumpkin, zucchini</li> <li>• Potato without skin, sweet potato without skin</li> </ul>
<b>Meat</b>	<ul style="list-style-type: none"> <li>• Cooked, tender: fish, poultry, beef, lamb, pork, veal</li> <li>• Eggs</li> <li>• Cheese</li> </ul>
<b>Desserts/Dairy</b>	<ul style="list-style-type: none"> <li>• Plain milk pudding, custard, ice cream, yogurt</li> <li>• Gelatin</li> <li>• Cheese</li> <li>• Butter, mayonnaise</li> <li>• Plain cake, cookie, pie</li> </ul>
<b>Miscellaneous</b>	<ul style="list-style-type: none"> <li>• Condiments, mustard, ketchup</li> <li>• Clear jelly, syrup, plain candy</li> <li>• Smooth peanut butter</li> </ul>

**\*have nothing of the color red or purple!**



ISLAND  
GASTROENTEROLOGY  
CONSULTANTS, P.C.

1175 MONTAUK HIGHWAY, SUITE 3  
WEST ISLIP, NY 11795  
TEL 631-669-1171 FAX 631-669-1912

**Day of the examination:**

1. Please arrive 30 minutes before your scheduled time if your procedure is not done at the hospital.
2. You will be asked to change into a gown.
3. If you are a woman of childbearing age, you must notify us and provide a urine sample for pregnancy testing.
4. An anesthesiologist will review your health history and an IV will be started.
5. Your vital signs will be monitored closely during the exam.
6. During the exam you will receive IV (into your blood stream) medicine to cause deep sleep. As the medicine can cause lapse of memory, impaired judgment and slowed reaction time, the following is required for your safety:
  - Arrange for a responsible adult to accompany you to and from your exam. Your exam will be cancelled unless you have this person to drive you.
  - Ask a responsible adult to stay with you for the remainder of the day.
  - Do not operate any machinery or drive any vehicle for 24hrs.
  - Rest for the remainder of the day. Do not return to work.
  - Do not drink alcohol for the remainder of the day.
  - Do not assume responsibility for young children or anyone dependent on your care.
  - Do not travel by airplane until the day after your procedure.
  - Do not make any important decisions or sign any legal documents.
7. The exam is done with a long flexible camera once you are sedated. In most cases, the full large intestine can be examined usually within 30 minutes.
  - An open channel in the camera allows us to:
    - Sample tissue (biopsy)
    - Remove polyps (majority removed in the facility, large polyps may require repeat exam at the hospital)
    - Inject solution
    - Cauterize tissue
8. When your exam is finished, you will be taken to the recovery area.
9. Your physician will give you the results of your exam by a follow-up visit in the office, unless otherwise specified. Biopsy results may require several days to weeks.

**THE DRIVER MUST PRESENT  
HIM/HERSELF TO THE RECEPTIONIST  
AT THE TIME YOU CHECK IN.**

RAJ MARIWALLA, M.D NOEL D'SILVA M.D. DARIUS SORBI M.D.  
WILLIAM DISANTI M.D. SHAHZAD IQBAL M.D. FRANK PALUMBO M.D. JUAN BAEZ M.D



ISLAND  
GASTROENTEROLOGY  
CONSULTANTS, P.C.

1175 MONTAUK HIGHWAY, SUITE 3  
WEST ISLIP, NY 11795  
TEL 631-669-1171 FAX 631-669-1912

### **After you exam:**

#### Discomfort

- It is normal to feel bloated and have gas cramps. This will last until all the air is expelled from your colon, usually the day after your exam.

#### Medications

- You may resume taking your medicines unless instructed otherwise. Blood-thinning medicine may be held for several days after your exam if a polyp is removed so please discuss with your physician.

#### Activity

- Rest for the remainder of the day.

#### Diet

- You may resume your usual diet unless instructed otherwise. A light or liquid diet may be better tolerated if you feel very bloated and have gas cramps.

### **When to seek medical help:**

If you experience any of the following symptoms below, call our office at (631) 669-1171 or go to the nearest emergency room.

- Pass blood clots or fresh red blood coloring the toilet bowl red. Slight blood with the first bowel movement is normal.
- Constant abdominal pain, with or without bleeding.
- Temperature of 100.4°F or greater.



RAJ MARIWALLA, M.D. NOEL D'SILVA M.D. DARIUS SORBI M.D.  
WILLIAM DISANTI M.D. SHAHZAD IQBAL M.D. FRANK PALUMBO M.D. JUAN BAEZ M.D.



ISLAND  
GASTROENTEROLOGY  
CONSULTANTS, P.C.

1175 MONTAUK HIGHWAY, SUITE 3  
WEST ISLIP, NY 11795  
TEL 631-669-1171 FAX 631-669-1912

## Special directions for diabetic patients

---

### Day before exam:

- A. If you take insulin,
- Take half of your usual dose of regular/NPH/Lente insulin in the morning.
  - Do not take any insulin in the evening.
- B. If you take pills by mouth,
- Take half of your usual dose of oral medicine in the morning.
  - Do not take any oral medicine in the evening.

### Day of your exam:

- A. If you take insulin,
- Do not take any insulin on the morning of your exam.
  - Take half of your NPH/Lente insulin after the exam once you start eating. Do not take any regular insulin.
  - Take the usual dose of insulin in the evening if you are eating.
- B. If you take pills by mouth,
- Do not take oral medicines for diabetes on the morning of your exam.
  - Take half of your usual oral dose after the exam once you start eating.
  - Take usual dose of oral medicine in the evening if you are eating.

Please bring the following the day of your procedure:

- Insulin
- Insulin syringes
- Glucose monitor

If you are taking Ultralente insulin or use an insulin pump, please contact your physician.

If you check your blood sugar daily, check it more often the day before and the day of your exam.

If you have a low blood sugar during the prep, you may drink fruit juice, regular soda, glucose tablets or gel.

RAJ MARIWALLA, M.D. NOEL D'SILVA M.D. DARIUS SORBI M.D.  
WILLIAM DISANTI M.D. SHAHZAD IQBAL M.D. FRANK PALUMBO M.D. JUAN BAEZ M.D.