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You are scheduled to have a **colonoscopy** on \_\_\_\_\_\_\_\_\_\_\_\_ at \_\_\_\_\_\_\_\_\_\_\_\_  
but you must be at Beth Israel Medical Center located on **16th Street and 1st Avenue**.

Proceed to the main entrance and go to the **4th Floor** (the Dazian Building) to the Endoscopy Suite

by \_\_\_\_\_\_\_\_\_\_\_\_.

**Please follow these instructions:**

* **Do NOT take any Advil, Aleve, Aspirin, Coumadin, Ibuprofen, Motrin, Nuprin or Plavix 7 days prior to your appointment. All other prescribed medications (such as Tylenol) are permitted until the morning of your procedure.**

1. Select **one** of the following below as your breakfast on:
   1. Apple sauce
   2. Cottage cheese
   3. Plain yogurt
   4. Vanilla ice cream
2. You may continue the clear liquid diet until 4am \_\_\_\_\_\_\_\_\_\_\_.

After this time, you may have **nothing to eat or drink at all**.

List of clear liquids you can drink: You may have unlimited amounts. **NO DAIRY NO RED, BLUE or PURPLE colors**

|  |  |  |
| --- | --- | --- |
| Apple juice or any clear fruit juice | Coconut water | Water |
| Clear broth (beef, chicken, etc.) | Coffee/tea (**NO cream, dairy, or milk**) | Gatorade, Vitamin water, Crystal Light |
| Clear soda (7-up, Ginger Ale, Sprite) | Jello |  |

1. **Colon Prep: Please follow the instructions according to your prescription**  
   **Step 1:** At **5pm on** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, drink half of the solution within 90 mins. The first bowel movement usually occurs approximately 1 hour after you start drinking the solution. Keep the solution refrigerated.  
   **Step 2:** At **\_\_\_\_\_am on**  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, drink the second half of the solution within 90 mins.

**You may continue the clear liquid diet until** 3AM.

* **2 Week MiraLAX Instructions: (FOR POOR PREP ONLY)  
  Step 1:** On Monday/Tuesday/Wednesday/Thursday/Friday \_\_\_\_\_\_\_\_\_\_, take 1 MiraLAX packet daily for 14 days.  
  **Step 2:** Take 1 bottle of Magnesium Citrate on Day 15 as directed.  
  **Step 3:** Refer to the above for instructions for Day 16 and 17
* **Females will be required to have a pregnancy test as a routine preoperative safety check.**
* **You MUST have an escort with you or it will be cancelled.**

**Directions to Beth Israel Medical Center**

**The hospital is located at 1st Avenue and 16th Street**

**Proceed to the 4th Floor to the endoscopy suite on arrival.**

* **By car:** Take the FDR to the 23rd Street Exit and drive to 17th street between 1st and 2nd

avenue and turn into the hospital parking lot.

* **By Bus:** Take the M15 to 1st Avenue and 14th Street and walk two blocks north to 16th street

or take the M101/M102/M103 to 3rd avenue and 14th street and

walk east to 1st avenue and go north to 16th street and go in the main entrance

and ask for the endoscopy suite on 4 Dazian.

* **By Subway:** Take the 4,5,6,N,R,Q,W,L train to Union Square or take the F train to 16th Street

and 6th avenue and walk east to 1st avenue and 6th Street and go in the main entrance

and go to the endoscopy suite on 4 Dazian.

**If you have any questions or concerns please call our office at 646-355-3711**

**or the Endoscopy suite at 212-420-2895**

**Poor Prep RX Chart (for poor prep ONLY)**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |
| Day 1  1 packet of  Miralax | Day 2  1 packet of  Miralax | Day 3  1 packet of  Miralax | Day 4  1 packet of  Miralax | Day 5  1 packet of  Miralax | Day 6  1 packet of  Miralax | Day 7  1 packet of  Miralax |
| Day 8  1 packet of  Miralax | Day 9  1 packet of  Miralax | Day 10  1 packet of  Miralax | Day 11  1 packet of  Miralax | Day 12  1 packet of  Miralax | Day 13  1 packet of  Miralax | Day 14  1 packet of  Miralax |
| Day 15  Magnesium  Citrate  (as directed) | Day 16  Refer to  Instructions  on page 1 | Day 17  (procedure day)  Refer to  instructions  on page 1 |  |  |  |  |