

FLEXIBLE SIGMOIDOSCOPY PREP WITH MIRALAX & GATORADE			
PLEASE PURCHASE	<ul style="list-style-type: none"> • Over the counter at local pharmacy <ul style="list-style-type: none"> ○ Dulcolax (bisacodyl) 5 mg pills (need 3 pills total) ○ Miralax 238 gram bottle ○ Gatorade - one 28 (or 32) oz bottle (No Red, Purple or Orange Color) 		
7 DAYS BEFORE	<ul style="list-style-type: none"> • Stop fiber supplements and iron supplements, including multivitamins 		
3 DAYS BEFORE	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; vertical-align: top;"> <p>Begin a LOW FIBER Diet including:</p> <ul style="list-style-type: none"> • White or sour dough bread • White Rice, Pasta • Eggs, Chicken, Turkey, Fish • Cheese, Yogurt, Milk, Ice Cream, Pudding • Canned or cooked fruit/vegetables without skin or peel (carrots, cucumbers, potatoes) • Pureed fruits/vegetables (smoothies, strained puree soups) • Creamy peanut or almond butter </td> <td style="width: 50%; vertical-align: top;"> <p>High Fiber Foods to AVOID:</p> <ul style="list-style-type: none"> • Raw fruits/vegetables with seeds, skin, membranes • Cooked/canned fruit/vegetables with skin/seeds/peel • Whole wheat or multigrain bread or crackers • Nuts, Seeds • Popcorn • Oatmeal, bran cereal • Brown rice, quinoa </td> </tr> </table>	<p>Begin a LOW FIBER Diet including:</p> <ul style="list-style-type: none"> • White or sour dough bread • White Rice, Pasta • Eggs, Chicken, Turkey, Fish • Cheese, Yogurt, Milk, Ice Cream, Pudding • Canned or cooked fruit/vegetables without skin or peel (carrots, cucumbers, potatoes) • Pureed fruits/vegetables (smoothies, strained puree soups) • Creamy peanut or almond butter 	<p>High Fiber Foods to AVOID:</p> <ul style="list-style-type: none"> • Raw fruits/vegetables with seeds, skin, membranes • Cooked/canned fruit/vegetables with skin/seeds/peel • Whole wheat or multigrain bread or crackers • Nuts, Seeds • Popcorn • Oatmeal, bran cereal • Brown rice, quinoa
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2 DAYS BEFORE	<ul style="list-style-type: none"> • Continue LOW FIBER Diet • Avoid solid foods after midnight 		
1 DAY BEFORE	<ul style="list-style-type: none"> • MORNING: Start a CLEAR LIQUID Diet <ul style="list-style-type: none"> ○ Water, Clear Soup/Broth ○ Apple, White Grape, White Cranberry Juices without Pulp ○ Tea or Black coffee (no milk/creamer) ○ Gatorade/Powerade (no red, purple or orange color) ○ Jello (no red, purple, or orange color) ○ Popsicles (no red, purple, or orange color) • 6PM: Take Dulcolax 3 tablets with sips of water • 7PM: <ul style="list-style-type: none"> ○ Pour half of the Miralax bottle into the Gatorade bottle; shake until dissolved ○ Drink one 28 (or 32) oz bottle, a cup every 15 minutes until completed ○ You will not need to use the second half of the Miralax bottle • Bowel movements should begin 1-2 hours after starting the Miralax/Gatorade mix but the effect can be delayed by up to 4-6 hours • By the end of the cleanse you should be passing watery liquid which can have a green to brown tinge 		

DAY OF FLEX SIGMOIDOSCOPY	
3 HOURS BEFORE	<ul style="list-style-type: none"> • Stop drinking/eating clear liquids • Do not chew gum or mints • Take regular medications with a small sip of water the morning of your procedure unless otherwise instructed by your physician
30 MIN BEFORE	<ul style="list-style-type: none"> • Arrive at endoscopy suite 30 MIN PRE PROCEDURE (no later!) • Bring list of current medications including doses • Bring a Photo ID and Insurance Card • Bring any applicable Referrals • Please do not bring any valuables

GENERAL INSTRUCTIONS:

URINE PREGNANCY TESTING	<ul style="list-style-type: none"> • If you are a premenopausal woman, you will need to submit a urine sample upon office check in
IF YOU HAVE DIABETES	<ul style="list-style-type: none"> • Contact your primary care doctor or endocrinologist for instructions regarding your medications
IF YOU TAKE MEDICATION TO THIN YOUR BLOOD	<ul style="list-style-type: none"> • Contact your gastroenterologist for further instructions at (212) 427-8761 • Medications include but are not limited to: <ul style="list-style-type: none"> ○ Heparin, Lovenox, Warfarin (Coumadin), Rivaroxaban (Xarelto), Apixaban (Eliquis), Edoxaban (Lixiana, Savaysa), Betrixaban (Bevyxxa), Clopidigrel (Plavix), Prasugrel (Effient), Brilinta (Ticagrelor)
IF YOU TAKE ASPIRIN OR BLOOD PRESSURE MEDICATIONS	<ul style="list-style-type: none"> • You may continue to take these medications
IF YOU TAKE WEIGHT LOSS MEDICATIONS	<ul style="list-style-type: none"> • Alert your GI provider to discuss holding your medication(s) prior to your procedure
ESCORT	<ul style="list-style-type: none"> • Please ensure that you have an escort (responsible adult over the age of 18) to pick you up at the end of the procedure.