



Phone: 212-889-5544
Fax: 212-481-1089
www.gastro-nyc.com

Colonoscopy Preparation Instructions: MiraLAX

NAME: _____

PROCEDURE: _____ Colonoscopy _____

ENDOSCOPIST: _____

DATE OF PROCEDURE: _____

FACILITY ARRIVAL TIME: _____

procedure time is subject to change by the procedure center the day prior

The center will call you to confirm your appointment 24 hours before your procedure

ADDRESS:
Lenox Hill Greenwich Village Ambulatory Center
200 W 13th St (at 7th Ave) 4th Floor
New York, NY 10011
(929) 292-3700

****Pick-up escort required**



Bowel Preparation with Miralax & Gatorade



Colonoscopy is a routine, generally safe, pain-free procedure used to examine the colon. These are the steps that you must take before the procedure to ensure the highest level of safety and effectiveness.

1. Make arrangements to have someone drive you home after the procedure. Colonoscopy involves sedation, and you will not be allowed to leave the facility unaccompanied.
2. Follow your physician's instructions regarding medicines to avoid and diet to follow before your procedure.
3. Your body loses significant amounts of fluid during bowel preparation. In order to prevent dehydration, it is important to supplement that fluid loss with clear liquids throughout the day.

Colonoscopy Preparation with MiraLAX

Two weeks before your colonoscopy:

You will need to purchase from your local pharmacy or grocery store:

- One 238gm/8.3 oz bottle of MiraLAX® (polyethylene glycol)
- Two 5mg Dulcolax® (bisacodyl) laxative tablets
- One 64oz bottle (or two 32oz bottles) of Gatorade®. ***Not red or purple**

Five days before your colonoscopy:

- Start a low fiber diet.
- Stop iron, including medications or vitamins that contain iron.
- Arrange to have someone 18 or older pick you up from your procedure.
- Have plenty of clear liquids at home.

One day before your colonoscopy:

- Drink only clear liquids throughout the day, 8 oz every hour while you are awake. Clear liquids are those you can “see through”.

***Please avoid red or purple clear liquids.**

- Examples of clear liquids include: water, apple juice, white grape juice, ginger ale, strained fruit juice without the pulp, tea without milk or creamer, clear broth or bouillon, Kool-Aid or other fruit flavored drinks, lemon-lime soda, ice popsicles, lemonade, sports drinks (ex. Gatorade), and plain Jell-O without added fruit or toppings. ****Gatorade is preferred**
- In the morning, mix all of the MiraLAX bottle into your 64 oz bottle (or two 32 oz bottles) of Gatorade, until dissolved and place in the refrigerator. You should not have any MiraLAX left.
- At 4:00 PM, take two Dulcolax (5mg each) laxative tablets with water.
- At 6:00 PM, begin drinking the first half of your 64oz bottle of Gatorade/Miralax solution. Drink 8 oz of solution every 15-30 minutes until the first half of the solution is finished.
- You must drink an additional 32 oz of clear liquids over the next hour.
- Stay close to a bathroom. Cleaning your colon causes diarrhea.

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THE DAY OF YOUR COLONOSCOPY

Five hours before you leave home for your procedure:

- Begin drinking the second half of your Gatorade/MiraLAX solution. You will need to drink 8oz of prep solution every 15-30 minutes until it is finished. (You may need to start in the middle of the night if your procedure is scheduled early in the morning).
Timing is essential.
 - Drink an additional 32 oz of clear liquids over the next hour.
 - Two hours before your scheduled procedure time, stop drinking all liquids.
 - Arrive one hour before your scheduled appointment time.
-

***If you are on medications that thin your blood (other than aspirin) or if you take medications for diabetes, or weight loss injections, let your prescribing doctor know that you are having a colonoscopy and ask for instructions regarding this medication and procedure. ***

If you are on weight-loss medications such as Wegovy, Ozempic, Zepbound, or Mounjaro, you must stop taking it 7 days before your procedure

Your Visit Made Easy With *Valet Services*



Location

200 W 13th St
New York, NY 10011

Hours of Operation

5:30am – 5:00pm

Rates

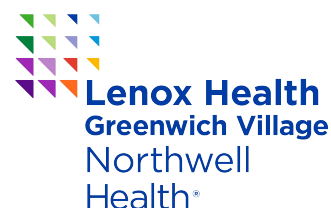
Up to 3 hours - \$25.00
Up to 6 hours - \$30.00
Up to 12 hours - \$35.00
Up to 24 hours - \$45.00

Need Assistance?

(973) 518 - 8090

**Pleased to provide premium valet
service to make your visit as easy
and convenient as possible**

ESCORT INFORMATION



Outside care providers to take you home after ambulatory surgery

Medical Chaperone

Phone: 212-472-1954

We are usually able to accommodate last minute coordination of a medical escort the day of surgery as long as we are fully staffed.

Medical Escorts: The fee for service in Manhattan weekdays from 14th Street up to 100th Street and from the eastside across to the westside is \$46 with a 2 hour or \$92 minimum. The fee for service in Manhattan weekends, holidays, and weekdays after 8:00pm is \$56 per hour with a 2 hour or \$112 minimum.

The patient is responsible for the taxi/carfare to their destination after discharge.

<https://discreetchaperone.com/>

Partners In Care (Also Known as VNS Health)

Phone: 1-888-735-8913

We ask that the inquiry be at least 24hr ahead of time, but we will work hard to coordinate day of medical escorts so long as we have approximately 2-3 hours of notice prior to discharge time.

Medical Escorts: Out of Pocket Cost \$114 | 4 Hours

<https://www.vnshealth.org/home-care/>

Allure Home Care:

Phone: 646-994-0191

Cost: \$160 dollars for up to 4 hours. Patient is responsible for their own transport. Please provide 24-hour notice as same day service is difficult to accommodate.

<https://allurehomecare.com>

Access-A-Ride:

Phone: 877-337-2017

Access-A-Ride provides transportation for people with disabilities whose disability prevents their use of accessible mass transit, public bus, or subway service for some or all trips. Access-A-Ride is operated by private carriers under contract to the City.

Please ask for the "Call Out & Assist" Option During Booking

<https://new.mta.info/accessibility/access-a-ride>

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Preparing for your visit: *Outpatient Endoscopy, Colonoscopy Procedure*



Photo ID



Insurance card/
form of payment



List of current
medications and
dose



A responsible adult escort to take you home.
You will need their phone number, as our staff
call them to confirm they will be picking you up

What To Expect:



Preparation



Arrive



Check-In & Reception



Prepare



Procedure & Recovery



Heading Home

1

Take your medications as directed by your doctor. For questions about bowel prep, consult your referring physician. After midnight before the procedure, avoid eating or drinking, except for medications with a sip of water or bowel prep if needed.

2

Please arrive 1 hour prior to your appointment time. Drop off/pick up location: Lenox Health Greenwich Village 200 W 13th Street New York, NY 10011. Parking information available on page 2

3

Upon entry you will receive an ID badge and be directed to the Endoscopy Suite on the 4th floor where you will fill-out paperwork and make a payment, if applicable.

4

Your healthcare team will review your medical history, medications, & prepare you for your procedure

Your physician & Anesthesiologist will explain the procedure and obtain your consent

5

You will then be escorted to the procedure room to begin your procedure

After the procedure, you will receive discharge instructions and the procedure report. You will be brought to the recovery suite

6

When you are ready to go home, you will be discharged & brought to the same entrance where you arrived

Before you go home, you will receive education & instructions

You will receive a follow-up phone call from one of the nurses within 72 hours.



Preparing for your upcoming visit



Information About Your Procedure*:

Estimated Procedure Time: between 30-60 minutes

1. After your registration and paperwork are complete, the nurse will start an IV, and speak to your anesthesiologist and gastroenterologist
2. The provider, MD, NP, or PA will explain this part of the procedure to you in detail and obtain your written consent.



The Cost of Your Procedure:

Understanding your co-pay/co-insurance

- Please reach out to your insurance company before your procedure to find out about your specific plan.
- Depending on your insurance, you may be responsible for a co-pay, deductible, co-insurance, or out-of-pocket expense.



*Phone # listed on
the back of your
insurance card*



Frequently Asked Questions

Additional questions can be asked during your pre-operative phone call or to your physician

1. Valet parking is available between 6 am and 5 pm (if you need to pick up your car after 5 pm, you may do so at 101 W 12th Street between 6th and 7th avenues)
2. Please leave valuables home but we will have a locker for any belongings you bring
3. Visitation: 2 support persons are allowed, 1 at the bedside