

**Gastroenterology Associates of Northern New York, PC**  
**Board Certified Gastroenterology**

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Five Irongate Center  
Glens Falls, NY 12801  
**518-793-5034**

[www.giassociatespc.com](http://www.giassociatespc.com)

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**COLONOSCOPY AND UPPER ENDOSCOPY w/EXTENDED MIRALAX/GATORADE PREP**

**Name:** \_\_\_\_\_ **Appointment Date** \_\_\_\_\_

**PROCEDURE TIME:** \_\_\_\_\_ **ARRIVAL TIME:** \_\_\_\_\_

**Location: GI Center at Glens Falls Hospital. Patient parking is provided in the GI Lot located in the rear of the hospital, behind the Emergency Department.**

**Please do not arrive prior to 7:00AM. The GI Center closes in the late afternoon and patients must be picked up no later than 4:30 PM.**

**\*\*\*\*\*NOTHING BY MOUTH FOR 2 HOURS PRIOR TO YOUR PROCEDURE TIME\*\*\*\*\***

**Planning for Your Colonoscopy and Upper Endoscopy w/Extended Prep**

Please read all preparation instructions. You must complete a bowel preparation.

The restricted diet and bowel preparation help ensure a thorough examination of the colon.

- Arrange for a responsible adult (18 years or older) to drive you home. **You must have a responsible adult with you even if you take a taxi or use medical transport.**
- You will be receiving intravenous sedation for your procedure; this will limit what you can do after the procedure until the following day. **You may not drive or operate machinery for the next 24 hours and a responsible adult must stay with you for 24 hours following the procedure.**
- Please wear comfortable, loose fitting clothing and leave valuables at home.
- **The Glens Falls Hospital scheduling staff will call to pre-register you prior to your procedure and a nurse from the GI Center will call you to review your medical history.**
- Please bring your insurance card and photo ID on the day of the exam
- You will be at the GI Center 2 ½ - 3 hours from time of arrival to discharge.

**You are strongly encouraged to watch our colonoscopy preparation and procedure videos at [www.giassociatespc.com](http://www.giassociatespc.com) The 3 minute videos will help with your understanding of the colonoscopy procedure and the necessary preparation for your exam.**

It is very important that you keep this scheduled appointment. If you must cancel or reschedule your colonoscopy appointment, please **call 518-793-5034 at least 7 days in advance**. Patients failing to cancel their colonoscopy appointment within 7 days will be billed an administrative fee of \$100 by Gastroenterology Associates of Northern NY, P.C. This fee must be paid prior to rescheduling your procedure or scheduling future appointments with our practice. If you have any questions regarding the need to cancel due to illness or other health issues, contact our office or our physician on call (after hours or on weekends)

## **Purchase the following bowel prep supplies (over-the-counter):**

- **One** 10 oz. bottle of Magnesium Citrate (preferred) **OR** four Dulcolax (bisacodyl) tablets.
- **Three** 119 gram containers of Miralax (generic polyethylene glycol is acceptable).
- **Three** 32 oz. bottles of Gatorade (no red, blue, green or purple). G2 or Powerade may be substituted. G2 may be easier tolerated due to less sugar and carbohydrates. Many patients prefer to drink these beverages chilled.

## **Medications:**

- **If you are diabetic** and take oral diabetic agents, please do not take these medications on the day before and day of colonoscopy. If you take insulin, we will give you specific instructions for insulin on the day before and day of colonoscopy. If you have not received specific instructions for your diabetic medications, please call our office.

- **If you take anticoagulant medications (blood thinners) or anti-platelet medications such as:**

**WARFARIN (Coumadin, Jantoven)**

**PRADAXA (Dabigatran)**

**XARELTO (Rivaroxaban)**

**ELIQUIS (Apixaban)**

**SAVAYSA (Edoxaban)**

**PLAVIX (Clopidogrel)**

**BRILINTA (Ticagrelor)**

**EFFIENT (Prasugrel)**

**PLETAL (Cilostazol)**

We will give you instructions for holding these medications prior to the colonoscopy after consulting with the prescribing physician. If you have not received specific instructions from our office within 10 days of your scheduled procedure, please call our office.

- You may continue to take daily medications including aspirin and nonsteroidal anti-inflammatory medications (NSAIDs) such as Advil, Aleve, Celebrex, Bextra, and Voltaren. You may also take Tylenol (acetaminophen).

## **5 days before your colonoscopy**

- **Stop taking iron pills** and multivitamins containing iron.
- **Stop eating high fiber foods – do not eat popcorn, seeds, nuts, salad, whole grain breads, raw fruits or raw vegetables: well-cooked fruits and vegetables are acceptable.**
- Please notify our office if you have chronic constipation or have had inadequate bowel prep for a previous colonoscopy. You may require a special set of instructions.

**If you have not heard from the Glens Falls Hospital scheduling staff within 24 hours of your procedure, please call 518-926-5333.**

**If you have not heard from a GI Center nurse to review your medical history within 24 hours of your procedure, please call 518-926-6225.**

**PLEASE NOTE:** If your insurance plan requires a referral form from your primary care physician, please confirm that our office has received the referral form to cover this procedure. If your insurance plan requires pre-authorization for this procedure, please confirm that our office has obtained the pre-authorization for this procedure.

Please follow the instructions below. Do not follow the instructions printed on the Miralax container.

**TWO DAYS BEFORE YOUR COLONOSCOPY DAY: \_\_\_\_\_**

- **No solid food from now until your procedure is done.** Begin a clear liquid diet (below) for breakfast, lunch and dinner. Drink at least 6-8 glasses of clear liquids during the day to avoid dehydration.
- **At 6:00 PM:** Mix one 119 gram container of Miralax with one 32 oz. container of Gatorade, G2 or Powerade. Shake until the Miralax is dissolved. **Begin drinking the Miralax/Gatorade solution at a rate of one 8 oz. cup every 15 minutes until the solution is gone.**
- Continue to drink clear liquids until bedtime.

**THE DAY BEFORE YOUR COLONOSCOPY DAY: \_\_\_\_\_**

- **Drink clear liquids for breakfast lunch and dinner.** Drink at least 6-8 glasses of clear liquids during the day to avoid dehydration.
- **At 5:00 PM: Drink one bottle of Magnesium Citrate.**
- **At 6:00 PM:** Mix one 119 gram container of Miralax with one 32 oz. container of Gatorade, G2 or Powerade. Shake until the Miralax is dissolved. **Begin drinking the Miralax/Gatorade solution at a rate of one 8 oz. cup every 15 minutes until the solution is gone.**
- Continue to drink clear liquids until bedtime.

**THE DAY OF YOUR COLONOSCOPY DAY: \_\_\_\_\_**

- **3 hours prior to leaving home for your colonoscopy appointment:** Mix one 119 gram container of Miralax with one 32 oz. Container of Gatorade. Shake until Miralax is dissolved. **Begin drinking the Miralax/Gatorade solution at a rate of one 8 oz. cup every 15 minutes until the solution is gone.**
- You must complete the entire preparation. **If your preparation is successful, you will pass yellowish to clear liquid when you have a bowel movement. If you have any questions regarding your preparation, please call our office at 518-793-5034.**
- You may drink clear liquids and take necessary oral medications up to 2 hours prior to procedure time.

\*\*\*\*\***NOTHING BY MOUTH (including water, gum and mints) AFTER**\_\_\_\_\_\*\*\*\*\*

**You may drink these clear liquids:**

- Gatorade, G2, Powerade, Pedialyte  
Crystal Light Lemonade
- Coffee or tea (black only)
- Chicken or beef broth
- Carbonated beverages – sodas and flavored seltzers
- Apple juice, white cranberry juice or white grape juice
- Jell-O, popsicles or italian ices (without fruit or cream)
- Pulp free orange juice

**Do not drink these liquids:**

- Milk or non-dairy creamer
- Juice with pulp

**NO RED, BLUE, GREEN OR PURPLE LIQUIDS**

### **Helpful Tips:**

- Plan to stay near a bathroom. The laxative solution will cause you to pass loose stool.
- Rarely, people may have nausea or vomiting with the prep. If this occurs, take a break for up to 30 minutes and rinse your mouth with water. Continue drinking the solution.
- Most patients will begin having bowel movements during the evening hours but occasionally bowel movements will not begin until nighttime or early morning. **In addition, you may find our 3 minute colon preparation video at [www.giassociatespc.com](http://www.giassociatespc.com) helpful in addressing any questions you may have. Please call our office at 518-793-5034 if you have any questions regarding your preparation for the exam.**
- Pre-moistened wipes, hemorrhoid cream or Vaseline may be used to reduce anal discomfort during preparation process. Do not use suppositories.

**Due to increasing number of patients with high deductible plans, all deductibles, copays and coinsurance are due five days prior to your appointment. Payment should be mailed or brought to our office at Five Irongate Center, Glens Falls, New York 12801. If our office does not receive payment within the above time frame, your procedure will need to be rescheduled.**

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There are multiple charges you will incur when having a procedure performed. The physician performing your procedure will have a charge, the facility where you have your procedure performed will have a facility charge and if you have a biopsy taken or polyp removed, there will also be a fee for pathology services. Most patients will undergo conscious sedation which is given by our physicians and included in the physician charge, but if you are scheduled for anesthesiologist assisted sedation, there will also be a charge for the anesthesiologist.

The physicians of Gastroenterology Associates of Northern New York, P.C. participate with the following insurance plans:

Aetna  
Blue Shield of Northeastern New York  
CDPHP  
Emblem Health (GHI)  
Empire Blue Cross  
Fidelis  
Humana  
Magnacare  
Martins Point  
Medicare  
MVP  
New York State Empire Plan  
New York State Medicaid  
Shared Health Network  
Today's Options  
United Healthcare

If your insurance plan is not listed above, please call our billing office at 518-793-5034 to discuss your insurance coverage and financial responsibility.

You will need to contact the facility where you are scheduled for your protection to discuss whether they participate with your insurance company. They will also be able to answer questions about pathology services. If you are scheduled for your procedure at Northern GI Endoscopy Center, our billing office can help answer any insurance questions you may have regarding the facility fees or pathology fees.

Our physicians have privileges and perform procedures at Glens Falls Hospital, Saratoga Surgery Center and Northern GI Endoscopy Center.