



Your Procedure has been scheduled at:

**Adirondack Health
2233 State Route 86
Saranac Lake, NY 12983**

Your procedure is scheduled on ____/____/____ with Dr. _____.
Please arrive at the admitting department of the hospital at _____.

IMPORTANT INSTRUCTIONS:

Beginning 5 days prior to your procedure:

- Avoid Aspirin containing medication **5** days prior to your procedure.
- Avoid Anti-Inflammatory medications such as Advil, Motrin, Aleve, Ibuprofen or Excedrin. A list of medications to avoid is attached.
- **IF YOU ARE TAKING ASPIRIN, COUMADIN OR PLAVIX** prescribed by another physician, please consult with your Cardiologist or Primary Care Physician about discontinuing these **5 days prior to the Procedure**. If you have any questions regarding specific medication, please call the prescribing Doctor's office so they can advise you.
- For management of headaches or minor aches and pain, Tylenol may be taken up until the night prior to your scheduled procedure.

YOU WILL NEED TO MAKE ARRANGEMENTS FOR TRANSPORTATION AS YOU WILL BE UNABLE TO DRIVE YOURSELF HOME AFTER THIS PROCEDURE. THE AMOUNT OF TIME YOU WILL BE AT THE HOSPITAL FOR THIS PROCEDURE WILL VARY FROM TWO HOURS OR MORE.

- **ENCLOSED, YOU WILL FIND DIRECTIONS FOR YOUR BOWEL PREPARATION. PLEASE READ ALL DIRECTIONS.** IF YOU HAVE ANY QUESTIONS, OR NEED TO CANCEL YOUR PROCEDURE, PLEASE CALL OUR OFFICE AT (518) 891-1610 AND ASK TO SPEAK TO A SCHEDULING NURSE.



MIRALAX – GATORADE BOWEL PREP

BOWEL PREP IS DONE TO CLEAR THE BOWEL OF ALL SOLID MATTER. Its purpose is to prepare the bowel for surgery or a procedure. Please follow these instructions. Begin the bowel prep one day before your scheduled procedure.

TO PREPARE THE DAY BEFORE YOUR PROCEDURE:

- Tell your Doctor if you have diabetes or take blood thinners. You may need to stop some of your medications a few days before your scheduled procedure.
- You will need to purchase the following products **which do NOT need a prescription** at your local pharmacy.
 - **Miralax (238 gram bottle)**
 - **Gatorade or PowerAde** 64 oz or **Crystal Light** if you are a Diabetic.
 - **4 – 5 mg Ducolax or Bisacodyl** tablets.

THREE DAYS PRIOR TO THE PROCEDURE:

- Do not take Iron pills or discontinue any prescribed medication, other than the ones we have instructed you to stop, without consulting your Physician first.

TWO DAYS PRIOR TO THE PROCEDURE:

- Try to eat a low residue diet (avoid seeds, popcorn, corn, fibrous vegetables). Discontinue fiber supplements such as Metamucil, Citrucel, Fibercon, etc.

ONE DAY PRIOR TO THE PROCEDURE:

1. Clear Liquid diet only (see next page*). You may have a light breakfast.
2. At 12:00 pm, take the 4 Ducolax tablets or when you get home from work, no later than 5 pm.
3. At 1:00 pm, mix the 238 gram bottle of Miralax in the 64 oz. of Gatorade, PowerAde or Crystal Light. Shake the bottle well. Drink an 8 oz. glass every 15 minutes until the entire bottle has been consumed. You may continue on clear liquids until bedtime.
4. You may continue to have clear liquids until **3 hours prior to your procedure**. You must be fasting for 3 hours prior to your procedure. **DO NOT SMOKE AFTER 12:00 MIDNIGHT.**

IMPORTANT INFORMATION:

- You will be receiving sedation for your procedure and must arrange for someone to escort you home.
- You will not be able to drive yourself home. **If these arrangements have not been made, your procedure will be rescheduled.**
- The Procedure and Recovery time will take approximately 2 to 3 hours and you will need to arrive one half hour prior to your scheduled Procedure.
- If your Insurance Company requires a referral from your Primary Care Physician or Prior Approval for the Procedure, it is your responsibility to obtain this prior to your Procedure



CLEAR LIQUID DIET

SOUPS: Clear Bouillon or Broth

BEVERAGES: Tea, Coffee, Kool-Aid, Carbonated Beverages, Gatorade, PowerAde. **DO NOT USE** cream or milk in your coffee or tea.

JUICES: White Cranberry, Apple, White Grape, Lemonade or Orange. (Any Drink that you can see through is acceptable. **NO PULP.**)

DESSERT: Ice, Italian Ice, Popsicles, Jell-o.

PLEASE AVOID ANY LIQUIDS THAT ARE RED OR PURPLE



DO NOT TAKE THE FOLLOWING MEDICATIONS STARTING 5 DAYS PRIOR TO SURGERY UNLESS SPECIFIED BY YOUR PHYSICIAN.

If you have any questions about medication that you are currently taking, that is not listed below, please contact your Primary Care Physician before discontinuing.

ALEVE	COPE	GINKO BILOBA	RELAFEN
ALKA SELZER	COUMADIN	HALLPRIN	ROXIPRIN
ADVIL	DARVON	HYALGAN	SALFU-X
ALCOHOL	DAYPRO	IBUPROFEN	SARAPIN
ANACIN	DICLOFENAC	INDOCIN	SINEOFF ASPIRIN FORMULA
ANAPROX	DISALOID	LODINE	SKELAXIN
ANAPROXEN	DOAN'S PILLS	MEPERIDINE	SOMA
ANSAID	DOLOBID	MICRAININ	SYNALGOS CAPS
APC	DRISTANS DECONGESTANT TAB	MIDOL	TALWIN
ASPIRIN	EASPIRIN TAB	MOBIC	TOLECLIN
BAYER	ECOTRIN	MOTRIN	TORADOL
BC POWDER	EMPIRIN	NALFON	TRILISANLES
BUFFERIN	EMPRAZIL	NAPROXYN	VICOPROFEN
BUFFEX	EQUAGESIC	NORGESIC	VITAMIN E
BRUFEN	Any TYPE OF EXCEDRIN	NUPRIN	VIOXX
CELEBREX	FELDENE	ORUDIS	VOLTAREN
CEPHALGESIC	4-WAY COLD TABLETS	OS-CAL-GESIC	WARFARIN
CLINORIL	FLEXERIL	PERCODAN	ZOMAX
CLOPIDOGREL	GEMNISYN	PLAVIX	ZORPIRIN

PLEASE NOTE: Over-the-counter herbal supplements, such as **GREEN TEA, ST. JOHN'S WORT, GINSENG, EPHEDRA, GINKO BILOBA, FISH OIL, GINGER, GARLIC, DAVA AND VALERIAN**, may interfere with the success of your surgery. If you are taking **ANY** over-the-counter herbal medication, please **discontinue 7 days prior** to your scheduled Procedure or consult with your Physician.