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Division of General & Colorectal Surgery
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Colonoscopy Information for Patients of Dr. Mark Falvo

PATIENT RESPONSIBILITY FOR A COLONOSCOPY

It is imperative that you thoroughly read and understand the attached instructions for bowel preparation at least two weeks prior to your scheduled appointment. There are many medical conditions that require special attention or restrictions, such as clotting abnormalities, implanted defibrillators, artificial heart valves, or mitral valve prolapse with regurgitation. It is your responsibility to review these instructions and inform us if your medical condition falls into one of these categories.

Patients undergoing this type of procedure will arrive at the facility on the day of the procedure and go home the same day. **You must bring someone with you who can drive you home.** At this time, due to COVID restrictions, drivers are not allowed in the facility. When checking in for your procedure, please give facility staff the phone number where your driver can be reached, and they will notify him/her when you are ready to be picked up.

Please make sure to check your voicemail and answering machine regularly, as the time of your procedure may change.

*If you weigh over 300 pounds, it is **IMPORTANT** that you contact the office and notify us.*

FINANCIAL RESPONSIBILITY

Medical insurance may not cover the entire cost of this procedure. You will be responsible for any co-pays, co-insurance, deductibles, or non-covered services, as determined by your insurance. It is the patient's responsibility to understand their insurance benefits and financial responsibility. Please contact your insurance company to request your benefit and eligibility information or if you have any questions regarding your coverage for this procedure. If your insurance changes before your procedure, please call our office with your updated insurance information.

INSTRUCTIONS

Please DISCONTINUE the use of all Aspirin-type medications, anti-inflammatory medications, Vitamin E, fish oil, and herbal supplements one (1) week prior to your procedure. If you take any blood thinners, we recommended stopping them five (5) days before your procedure, with clearance from your primary care physician or cardiologist.



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You may continue to take any heart, thyroid, blood pressure, or cholesterol medications as you normally would, even on the day of your procedure.

If you are a diabetic on insulin, it is important to check with your primary care physician for instructions. We usually suggest you cut your insulin dose in half the night before your procedure, but this should be confirmed with your physician. Do not take any diabetic medication (injectable or oral) on the morning of your procedure.

Purchase at the Pharmacy:

- (4) Dulcolax tablets
- (1) Bottle of MiraLAX (8.3 oz.)
- (1) Gatorade (64 oz.)

Drink only clear liquids **THE ENTIRE DAY** prior to the procedure. Do not consume any solid foods or dairy products. It is very important that you drink plenty of fluids the day before the procedure to prevent dehydration. A clear liquid means that you can see through it. It should not be dark in color (e.g., cola) and it should not have pulp. Please avoid all foods with red, blue, or purple dyes while preparing for the bowel prep.

DAY BEFORE THE COLONOSCOPY

- At 3:00 p.m., take two (2) Dulcolax tablets with a glass of water.
- At 6:00 p.m., mix one (1) bottle of MiraLAX (or generic version) with 64 oz. Gatorade. Drink an 8 oz. glass every 15-20 minutes until gone (approximately 1 ½-2 hours).
- At 9:00 p.m., take two (2) Dulcolax tablets with the last glass of Gatorade/MiraLAX mix or a glass of water.

*You may continue drinking clear liquids until 12:00 midnight.

REMEMBER: YOU CANNOT HAVE ANYTHING TO EAT OR DRINK AFTER MIDNIGHT.

If you have any questions, please contact Lisa Rood at 716-636-9004 ext. 242.