

**Colonoscopy Instructions: Miralax & Dulcolax**

<b>Time</b>	<b>Instructions</b>	
<b><u>7 Days Before</u></b>	<ul style="list-style-type: none"> <li>• Stop all fiber supplements &amp; medications containing iron, including multivitamins and Omega 3</li> <li>• Stop taking Motrin, Advil &amp; Aleve; decrease Aspirin to 81mg daily</li> <li>• Be sure to drink 6-8 cups (8oz) of water each day leading up to your procedure</li> <li>• Be sure to have someone ready to pick you up after the procedure</li> <li>• Make sure to pick up your preparation medication (Miralax &amp; Dulcolax) from your local pharmacy by this time</li> </ul>	
<b><u>3 Days Before</u></b>	<u>Avoid High Fiber Foods including:</u> <ul style="list-style-type: none"> <li>• Raw Fruits &amp; Vegetables</li> <li>• Whole Wheat Bread/ Crackers</li> <li>• Seeds</li> <li>• Nuts</li> <li>• Popcorn, Bran</li> <li>• Quinoa</li> <li>• Corn</li> </ul>	<u>Begin a Low Fiber Diet such as:</u> <ul style="list-style-type: none"> <li>• White Bread &amp; Rice</li> <li>• Eggs</li> <li>• White Meat (Turkey, Chicken)</li> <li>• Fish</li> <li>• Cheese</li> <li>• Yogurt</li> <li>• Milk</li> <li>• Cooked Vegetables</li> </ul>
<b><u>24 Hours Before</u></b>	<ul style="list-style-type: none"> <li>• <b>NO</b> solid foods, <b>only</b> clear liquids including: <ul style="list-style-type: none"> <li>• Water</li> <li>• Apple, White Grape, &amp; White Cranberry juices without pulp</li> <li>• Clear soup Broth</li> <li>• Tea or Coffee (No milk, cream)</li> <li>• Gatorade / Powerade (<b>NO</b> red, orange, or purple colors)</li> <li>• Jell-O (<b>NO</b> red, orange, or purple colors)</li> <li>• Popsicles or Sorbet (<b>NO</b> red, orange, or purple colors)</li> <li>• No Alcohol</li> </ul> </li> </ul>	

<b><u>Important</u></b>	
If you are taking any of these medications, please contact your medical specialist (i.e. Cardiologist) and inform your gastroenterologist if you will be staying on these medications ASAP.	<ul style="list-style-type: none"> <li>• Heparin, Lovenox, Warfarin (Coumadin), Rivaroxaban (Xarelto), Apixaban (Eliquis), Edoxaban (Lixiana, Savaysa), Betrixaban (Bevyxxa), Clopidigrel (Plavix), Prasugrel (Effient), Dabigatran (Pradaxa), Bivalirudin (Angiomax), Argatroban (Argatra, Novastan, Arganova, Exembol), Brilinta (Ticagrelor) and Desirudin (Iprivask, Revasc).</li> </ul>
If you are diabetic	<ul style="list-style-type: none"> <li>• Contact your Primary care doctor right away for instructions regarding your medications</li> </ul>
If you are taking blood pressure medication	<ul style="list-style-type: none"> <li>• <b>DO NOT</b> skip your blood pressure medication including the day before and day of your procedure</li> </ul>
<b>Please arrive at least 1 hour prior to your appointment time</b>	
Female patients of childbearing age will be required to submit a urine sample for a pregnancy test upon arrival	



311 E 79 <sup>th</sup> St.	16 E 52 <sup>nd</sup> St.	68 E 86 <sup>th</sup> St.	1150 Fifth Ave.	300 Cadman Plaza	620 Columbus Ave.
212-996-6633	212-826-3903	212-535-1845	212-369-2490	718-280-0020	212-721-2600

**Preparation Instructions: Miralax & Dulcolax**

<b>Time</b>	<b>Instructions</b>
<b><u>1 Week Before</u></b>	<ul style="list-style-type: none"> <li>Buy from local pharmacy:               <ul style="list-style-type: none"> <li>1 bottle of 238g of Miralax</li> <li>2 bottles of Gatorade 32oz each (<b>NO</b> red, orange, or purple colors)</li> <li>4 Dulcolax tablets 5mg for 20mg total</li> </ul> </li> </ul>
<b><u>24 Hours Before</u></b>	<ul style="list-style-type: none"> <li><b>NO</b> solid foods, <b>only</b> clear liquids including:               <ul style="list-style-type: none"> <li>Water</li> <li>Apple, White Grape, &amp; White Cranberry juices without pulp</li> <li>Clear soup Broth</li> <li>Tea or Coffee (No milk, cream)</li> <li>Gatorade / Powerade (<b>NO</b> red, orange, or purple colors)</li> <li>Jell-O (<b>NO</b> red, orange, or purple colors)</li> <li>Popsicles or Sorbet (<b>NO</b> red, orange, or purple colors)</li> <li>No Alcohol</li> </ul> </li> </ul>
<b><u>5pm Day before</u></b>  Taken at 5pm day before procedure	<ul style="list-style-type: none"> <li>Take all 4 Dulcolax tablets with at least 1 cup (8oz) of water</li> <li>Pour half of the bottle of Miralax into each Gatorade bottle and mix until dissolved</li> <li>Drink the first 32oz Gatorade bottle. Chill the second in the refrigerator</li> <li>Continue drinking clear liquids throughout the day as desired</li> </ul>
<b><u>6 Hours Before Procedure</u></b>	<ul style="list-style-type: none"> <li>Drink second 32oz bottle of Gatorade and Miralax mixture</li> <li>Continue drinking clear liquids up to 3 hours prior to your procedure</li> </ul>
<b><u>3 Hours before</u></b>	<ul style="list-style-type: none"> <li>Nothing to eat or drink (other than essential medications) 3 hours before procedure</li> </ul>

**Important**

If you experience nausea, bloating or vomiting, try drinking the solution more slowly or cooling the liquid on ice.

Note: Individual responses to laxatives do vary; this prep may cause multiple bowel movements. This prep often works within 30 minutes, but it may take as long as 4-6 hours.

**Someone must accompany you and take you home after the procedure. Do not drive for 8 hours after your procedure.**

If you have any questions, please feel free to call your doctor's office. Our phone numbers are listed above, and we will be happy to help you.

**Please notify our office as soon as possible if you need to cancel your procedure. You will be charged a cancellation fee of \$250.00 if the procedure is not cancelled at least 48hrs before your scheduled procedure time.**