

Colonoscopy Instructions: Miralax & Dulcolax

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

<u>Important</u>	
If you are taking any of these medications please contact the office ASAP	<ul style="list-style-type: none"> • 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).
If you are diabetic	<ul style="list-style-type: none"> • Contact your Primary care doctor right away for instructions regarding your medications
If you are taking blood pressure medication	<ul style="list-style-type: none"> • DO NOT skip your blood pressure medication including the day before and day of your procedure
Please arrive at least 30 minutes prior to your appointment time	
Female patients of childbearing age will be required to submit a urine sample for a pregnancy test upon arrival	



311 E 79 th St.	16 E 52 nd St.	68 E 86 th 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

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

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.