

Colonoscopy Preparation using Miralax™ / Gatorade™

Notice :

- ✓ Your scheduled procedure will take place at our surgical center :

*The Endoscopy Center of New York
201 East 93rd Street (Corner of 3rd Avenue) 2nd Floor*

Appt. Date:

Arrival Time: Appointment Time:

Warnings:

- ✓ Please inform this office in advance if you have congestive heart failure, kidney failure, chronic constipation, or have had an inadequate bowel preparation for a previous colonoscopy.

Purchase (over-the-counter):

- ✓ Gatorade™ (64 ounces) of lemonade/clear flavored
- ✓ Dulcolax™ 5mg (four tablets)
- ✓ Miralax™ 238 grams (1 bottle)
- ✓ Tucks wipes™(over the counter, optional)

What to do with your daily medications before your colonoscopy:

If you take any “blood thinners” such as Coumadin, Warfarin, Prasugrel or Plavix you must consult with your cardiologist or primary care physician BEFORE discontinuing these medications as instructed below. This is extremely important, especially if you take any of these medications for treatment of heart disease or stroke. If your primary care physician has instructed to continue any of these medications, you must advise NYGA on the day of your procedure.

7 days before your procedure:

- ✓ Stop Plavix (clopidigrel) unless otherwise instructed (see above).

3 days before procedure:

- ✓ Stop Coumadin (warfarin) unless otherwise instructed (see above).
- ✓ Stop any iron supplements.
- ✓ Avoid eating seeds or any foods containing seeds (such as grapes, berries, nuts, etc).

* Avoidance of “blood thinners” is designed to minimize the risk of serious bleeding if a polyp is removed

If you are diabetic, check with your primary care physician about taking your diabetes medication the morning of your colonoscopy. Call your prescribing physician if you have questions about what to do with other medications during the preparation period.

Otherwise, take your daily medications with a sip of water the morning of your procedure.

Following the restricted diet below helps ensure a thorough examination of the colon!

What to eat the day before your colonoscopy:

You may **NOT** have any solid food the day before your colonoscopy

- ✓ You may drink clear liquids - black coffee (no milk or cream), plain tea, soft drinks, sports drinks (e.g. Gatorade™, Clear or Lemonade), strained fruit juices (no pulp), water, clear juice, bouillon/broths, popsicles, and Jell-O.
- ✓ Do **NOT** have any milk or milk products or orange juice.
- ✓ Do **NOT** consume any liquids that are red or blue.
- ✓ Do **NOT** drink alcohol.

- ✓ Continue to drink fluids consistently throughout your preparation.
- ✓ **NO LIQUIDS WITH RED/BLUE/PURPLE COLORING**

Taking your laxatives;

- ✓ 3PM -Take 2 Dulcolax™ tablets
- ✓ 5PM -Mix the entire bottle of Miralax into the 64 oz of Gatorade. Shake the solution until it is fully dissolved. Drink an 8 ounce glass every 30 minutes until you have consumed half (32 ounces) of the mixture. Place the remainder in the refrigerator overnight.
- ✓ 7PM - Take the remaining 2 Dulcolax™ tablets.

TIPS:

The prep may not be palatable. If you experience nausea bloating or vomiting, then you may increase the time intervals between eight ounce glasses. In certain instances, you may not have bowel movements immediately. **This is normal. Continue as instructed and you should start of pass bowel movements.**

On the day of your colonoscopy:

- ✓ **6 hours before your appointment:** Drink the remainder of the Miralax™ (an 8 oz. glass every 30 minutes until the solution is gone). You may take any necessary medications with a sip of water.
- ✓ **Do not drink anything 2 hours prior to your scheduled procedure.**

Dosing Schedule for your Appointment

Please arrive 30 minutes prior to your appointment time

Date:

Time:

Start liquid diet (NO Solid food until after your colonoscopy)	Date: Time: 8am
Take first dose of Dulcolax™	Date: Time: 3pm
Take first dose of Miralax™	Date: Time: 5pm
Take second dose of Dulcolax™	Date: Time: 7pm
Take second dose of Miralax™	Date: Time:

General information: Please arrive at least 30 minutes before your appointment to complete any necessary paperwork. Your stay at the office will be 1 to 2 hours. After your colonoscopy, you may resume most normal activities (except driving and vigorous exercise) and a normal diet, unless otherwise instructed.

Note: YOU MUST HAVE AN ESCORT TO ACCOMPANY YOU HOME FOLLOWING YOUR PROCEDURE

Please contact us with any questions:

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