

LAXATIVE BOWEL PREPARATION INSTRUCTIONS.

The laxative used in this prep is Miralax- you will need 238 gram bottle. You will also need Dulcolax tablets (NOT stool softener). You can purchase these over the counter at any pharmacy.

These instructions are for the **Two days prior to your colonoscopy or surgery.**

Date: _____

IT IS IMPORTANT TO DRINK ONLY CLEAR LIQUIDS TWO ENTIRE DAYS BEFORE YOUR PROCEDURE. DO NOT EAT ANY SOLID FOODS AND DO NOT DRINK ANYTHING THAT IS COLORED RED.

“Clear liquids” include: Fruit Juices without pulp, water, clear broth or bouillon, decaffeinated coffee or tea without milk or non-dairy creamer. Gatorade, Soda (Ginger ale, Sprite), Kool-Aid or other flavored fruit drinks, plain Jello with no toppings or fruit added and ice popsicles.

START PREP:

DAY ONE:

4:00 p.m. Take two Dulcolax tablets by mouth with 12-ounces of Gatorade or Juice.

7:00 p.m. Take two Dulcolax tablets by mouth with 12-ounces of Gatorade or Juice.

DAY TWO:

1:00 p.m. Take four Dulcolax tablets by mouth with 8-ounces of Gatorade or Juice.

3:00 p.m. Mix one 238-gram bottle of Miralax into 64-ounces of Gatorade or Juice.

Shake the solution until the Miralax is dissolved.

Drink eight-ounces every 10-15 minutes until the entire solution is gone.

4:00 p.m. Take two Dulcolax tablets by mouth.

7:00 p.m. Take two Dulcolax tablets by mouth.

****NOTHING TO EAT OR DRINK AFTER MIDNIGHT****

IMPORTANT INSTRUCTIONS FOR THE DAY OF YOUR PROCEDURE:

Do not eat or drink anything for 6 hours before your procedure, including water.

You may take your Blood Pressure and Heart medication, with a small sip of water.

With a doctor's permission, discontinue Coumadin 3 days prior to your procedure.

With a doctor's permission discontinue Aspirin and Plavix 7 days prior to your procedure.

Someone must accompany you home from the office. You cannot drive until the next Morning. Any problems with the prep please call office or service at (516) 674-5862.