

Split-Dose Miralax Prep

Colonoscopies Scheduled Before 1:00pm

Seven Days Prior to Your Colonoscopy

- ✓ Stop taking Aspirin [unless otherwise instructed by your doctor] and NSAID's (Ibuprofen, Naprosyn, Mobic, Advil, Motrin, Aleve, Excedrin etc.). You are allowed to take Tylenol
- ✓ Stop taking Multivitamins, Vitamin E, Iron, Fish Oils (Omega Fatty Acids and Lovaza)
- ✓ If you are on Coumadin (Warfarin), Plavix (Clopidogrel), Pradaxa (dabigatran) , Eliquis (apixaban), Xarelto (rivaroxaban), Effient (prasugrel) or any other blood thinner -discuss with your Primary Care Doctor when these medications should be stopped
- ✓ **If you are a DIABETIC**, check with your Primary Care Doctor about what to do with your diabetic medication the day before and the day of the procedure

Three Days Prior to Your Colonoscopy

- ✓ Eliminate Nuts, Seeds, Salads, Skins of Fruits, Vegetables and Fiber supplements from your diet
- ✓ Purchase **1 Large Bottle (238 grams) of Miralax** which is sold over the counter
- ✓ Purchase **1 Box of Dulcolax --bisacodyl 5mg tablets (NOT Dulcolax stool softener)** which is sold over the counter.
- ✓ Purchase **64 ounce** of your favorite drink; **Gatorade OR Crystal Light OR Snapple**. Any flavor except those with a RED color
- ✓ Purchase a box of baby wipes (moist wipes)
- ✓ Purchasing a big wide straw (like you would use for a milkshake) can make drinking the solution easier

The Day Before Your Colonoscopy

- ✓ Follow your **Clear Liquid Diet** for the whole day. After midnight you are **NOT** allowed to have anything by mouth until the colonoscopy is completed the next day.
- ✓ Place the drink you purchased in a pitcher and mix in the entire bottle of Miralax. Stir the solution well so the Miralax can dissolve, then refrigerate to make it chill.
- ✓ **At 4 pm** take 2 Ducolax tablets.
- ✓ **At 5 pm** start drinking one 8oz glass of the solution on ice every 20 minutes until the WHOLE pitcher is consumed. You must take all 64 oz of the solution in order to clean the colon for the procedure.
- ✓ **At 8 pm** take another 2 Ducolax tablets.
- ✓ **To ensure a complete and thorough examination, complete the bowel preparation as stated above.** You may experience **Abdominal Cramps** and **Lightheadedness**—if this happens Lie Down, Elevate Your Feet, Place Cold Compress on your head and Drink Water
- ✓ After going to the bathroom, use only the baby wipes (moist wipes) to prevent irritation

The Day Of The Colonoscopy

- ✓ Unless otherwise instructed by your doctor, you may take all your **prescription** medications with a sip of water. If you have Lung Problems and use inhalers or a CPAP machine, please bring them with you
- ✓ Do not smoke the day of the procedure
- ✓ You must arrive **15 MINUTES** prior to the scheduled procedure.
 - ❑ 1205 Franklin Avenue Garden City NY, Suite 150
(516) 650-3355
- ✓ Because of the medication you will receive during the procedure, **someone must accompany you home**. For the remainder of the day you will be required to rest at home and not operate a vehicle.

Colonoscopies Scheduled AT 1:00pm or Later

Seven Days Prior to Your Colonoscopy

- ✓ Stop taking Aspirin [unless otherwise instructed by your doctor] and NSAID's (Ibuprofen, Naprosyn, Mobic, Advil, Motrin, Aleve, Excedrin etc.). You are allowed to take Tylenol
- ✓ Stop taking Multivitamins, Vitamin E, Iron, Fish Oils (Omega Fatty Acids and Lovaza)
- ✓ If you are on Coumadin (Warfarin), Plavix (Clopidogrel), Pradaxa (dabigatran), Eliquis (apixaban), Xarelto (rivaroxaban), Effient (prasugrel) or any other blood thinner -discuss with your Primary Care Doctor when these medications should be stopped
- ✓ **If you are a DIABETIC**, check with your Primary Care Doctor about what to do with your diabetic medication the day before and the day of the procedure

Three Days Prior to Your Colonoscopy

- ✓ Eliminate Nuts, Seeds, Salads, Skins of Fruits, Vegetables and Fiber supplements from your diet
- ✓ Purchase **1 Large Bottle (238 grams) of Miralax** which is sold over the counter
- ✓ Purchase **1 Box of Dulcolax --bisacodyl 5mg tablets (NOT Dulcolax stool softener)** which is sold over the counter.
- ✓ Purchase **64 ounce** of your favorite drink; **Gatorade OR Crystal Light OR Snapple**. Any flavor except those with a RED color
- ✓ Purchase a box of baby wipes (moist wipes)
- ✓ Purchasing a big wide straw (like you would use for a milkshake) can make drinking the solution easier

The Day Before Your Colonoscopy

- ✓ You may have a **Normal BIG Breakfast**. After that you can ONLY have a **Clear Liquid Diet** (see following page)
- ✓ Place the drink you purchased in a pitcher and mix in the entire bottle of Miralax. Stir the solution well so the Miralax can dissolve, then refrigerate to make it chill.
- ✓ **At 4 pm** take 2 Dulcolax tablets.
- ✓ **At 5 pm** you will drink **half** of the solution. Drink one 8oz glass of the solution on ice every 20 minutes until half of the pitcher is consumed (4 glasses in total).
- ✓ You may experience **Abdominal Cramps** and **Lightheadedness**—if this happens Lie Down, Elevate Your Feet, Place Cold Compress on your head and Drink Water
- ✓ After going to the bathroom, use only the baby wipes (moist wipes) to prevent irritation

The Day Of The Colonoscopy

- ✓ **At 7 am** take **2 more Dulcolax tablets in addition to completing the other half of Miralax (4 glasses) by 9:00am**
- ✓ You will be allowed to have a Clear Liquid Breakfast **UP UNTIL 4 hours prior to your test** (for example, if your test is scheduled at 2:00pm you may have clear liquids up until 10:00am. After that point you are NOT allowed to have anything)
- ✓ Unless otherwise instructed by your doctor, you may take all your **prescription** medications with a sip of water. If you have Lung Problems and use inhalers or a CPAP machine, please bring them with you
- ✓ Do not smoke the day of the procedure
- ✓ Please arrive **15 MINUTES** prior to the scheduled procedure.
 - ❑ 1205 Franklin Avenue, Garden City NY , Suite 150
(516) 650-3355
- ✓ Because of the medication you will receive during the procedure, **someone must accompany you home**. For the remainder of the day you will be required to rest at home and not operate a vehicle.

Clear Liquid Diet

This diet consists of food products that are clear (things you can see through). The purpose of this type of diet is to limit the amount of food residue in the colon in order to be able to thoroughly examine the colonic wall during your colonoscopy.

Food Category	ALLOWED
Beverages	Water, Tea or Coffee(without milk), Apple Juice, Grape Juice, Soda, Ginger Ale, Gatorade, or other Clear Drinks
Desserts	Plain Jell-O (no red color), Water Ices (Italian Ices), Popsicles
Soups	Fat Free Broth, Fat Free Bouillon, Fat Free Consommé
Sweets	Hard Candy, Honey, Sugar

The above diet should be **followed strictly** in order to help ensure a thorough colonoscopic exam. No other foods are allowed with this diet, some examples of foods NOT allowed are listed below.

NOT ALLOWED
Milk, Cheese, Breads, Ice Creams, Sherbet, Eggs, Fruits, Vegetables, Meat, Poultry, Fish

Sample Meal Pattern

Breakfast: 1 glass of apple juice, 1 cup of Jell-O, 1cup of tea with sugar
10am Snack: 1 glass of ginger ale, 1 cup of Jell-O
Lunch: 1 cup of chicken broth, 1 glass of carbonated beverage
3pm Snack: 1 cup of tea with sugar, 1 cup of Jell-O
Dinner: 1 cup of vegetable consommé, 1 glass of fruit Juice
8pm Snack: 1 cup of Italian ice, 1 cup of Jell-o

 Remember, always keep yourself well hydrated