

MIRALAX PREP

PURCHASE THESE ITEMS AHEAD OF TIME:

1. Two Dulcolax 5 mg tablets (does not need a prescription)
2. One 238-255-gram bottle of Miralax

NOW OVER THE COUNTER!

3. One 64-ounce bottles of Gatorade (no red flavors)Note one could also buy 64 oz of snapple
4. Tuck's pads or Vaseline can be used to protect the anal area especially if you have hemorrhoids.

Three days prior to your colonoscopy:

- Review and plan dietary needs for the next two days.
- If you have questions, please call us.(917) 721-8802

Two days prior to your colonoscopy:

- Eat well-balanced meals but try to avoid nuts, popcorn, raw fruit, raw vegetables, and salads.
- List any allergies and all prescription medications and non-prescription products (over-the-counter, anti-inflammatory, herbal, vitamins, etc.) you are taking. Bring these lists with you on the day of the colonoscopy.

One day prior to your colonoscopy:

- Start on a Clear Liquid Diet when you get up and continue all day.

CLEAR LIQUID DIET

Soups: Clear bouillon, chicken broth, vegetable broth, beef broth, or consommé

Beverages: Tea, coffee (without cream/milk), Kool-Aid, carbonated beverages, Gatorade

You may add sugar to coffee and tea but not milk or creamer (non-dairy creamers are okay).

Juices: Cranberry, apple, grape, strained lemonade, limeade, and orange drink

Any juice that you can see through and has no pulp is acceptable.

Dessert: Italian ices, popsicles, Jell-O, and hard candy.

- Do not drink red colored beverages or eat red Jell-O.
- No solid food of any kind.
- Throughout the day, make sure to drink at least eight glasses (two quarts) of fluids such as Gatorade or a similar product, preferably not only plain water.

- Take your usual prescription medications (except iron). If you are on coumadin or other blood thinners, please contact our office and your primary physician for specific instructions at least one week prior to the colonoscopy.

- Diabetic Patients: You may have your usual breakfast today and should take your diabetic medications. Monitor your blood sugar at your usual times.

6:00 p.m. Take two Dulcolax tablets by mouth with 1 glass of water

7:00 p.m. Mix the 238-gram bottle of Miralax in 64-ounces of Gatorade.

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

- Drink an additional 32-ounces of any clear liquid (without Miralax) over the next one to two hours.

- You may continue to have clear liquids until midnight. After midnight, do not eat or drink anything except the colonoscopy prep and you should take your medications with sips of water.