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DIPLOMATE, AMERICAN BOARD
OF GASTROENTEROLOGY

GASTROENTEROLOGY
GASTROINTESTINAL ENDOSCOPY

MIRALAX PREPARATION FOR COLONOSCOPY
2 DAY PREP

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| 1. Pick up from the pharmacy: (non-prescription) | a.) Two (2) 119 gram bottles of Miralax b.) Four (4) Dulcolax pills, 5 mg each c.) Two (2) 32 ounce bottles of Gatorade – NOT RED |
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2. Your COLONOSCOPY is scheduled for _____ at Queens Endoscopy ASC.
 3. Come to the Endoscopy Center located at 176-60 Union Turnpike (corner of Union Turnpike and Utopia Pkwy) Fresh Meadows, NY at _____. Telephone (718) 425-3300.
 4. No nuts, fruits or vegetables 2 days before procedure.
 5. On the day PRIOR to the examination _____:
 - a. NO SOLID FOOD- you may drink **CLEAR FLUIDS ONLY ALL DAY**, such as clear broth, tea, black coffee, water, sprite, ginger ale, apple juice, ices, Gatorade and Jell-O, (not red).
 - b. Mix 1 bottle of Miralax in 32 ounces of Gatorade or water, mix and refrigerate in the AM.
 - c. Take 4 Dulcolax pills at 3 PM with 1-2 glasses of clear liquids.
 - d. Drink the 1st bottle of Miralax and Gatorade or water prep from 6-7 PM – drink an 8 ounce glass every 15 minutes; it will cause diarrhea. You may drink clear fluids in the evening.
 - e. Before you go to sleep, mix 2nd bottle of Miralax in 32 ounces of Gatorade or water at room temperature overnight.
 6. On the day of exam: _____
 - a. Drink the 2nd bottle of Miralax and Gatorade prep or water prep from _____.
 - b. **No Breakfast:** you may drink water or tea until _____ only; fasting thereafter; no gum.
 - c. Take your blood pressure, heart and breathing medications, with a sip of water; take other medications after the examination.
 - d. Your escort will be able to take you home after _____; you may not drive yourself.
 7. **ABSOLUTELY NO ASPIRIN/MOTRIN/ ADVIL/ OR OTHER ANTI-INFLAMMATORY MEDICATIONS FOR 5 DAYS PRIOR TO THE EXAM. TYLENOL IS ALLOWED.**
*IF YOU TAKE COUMADIN OR PLAVIX OR OTHER BLOOD THINNERS/ANTICOAGULANTS, PLEASE DISCUSS WITH ME.
If polyps are removed during the exam, do not take these medications for 2 weeks after test.
 8. You may resume eating after the exam; it's advisable to begin with a light meal. It is normal to feel bloated; if you experience pain or bleeding call me immediately. It is possible that you may not move your bowels for several days after the exam.