

## Middlesex / Monmouth Gastroenterology

### Miralax /Dulcolax Bowel Preparation for Colonoscopy

#### One (1) Week Before Your Procedure

**Arrange a ride.** You will be sedated for your procedure and you cannot drive or return home alone. If you arrive without a responsible escort, your procedure will have to be rescheduled. There are NO exceptions.

**Stop taking iron supplements or multivitamins with iron, unless otherwise directed by your doctor.**

**If you are taking, aspirin, Plavix or Coumadin, please notify MMG for instructions on taking these medications for your procedure.**

**DIABETIC PATIENTS:** Please make sure you have discussed your medications with your physician, as they may need to be adjusted.

**Purchase the following liquids and over-the-counter laxatives:**

1. Gatorade (2) – 32 oz. bottles of Lemonade flavor or Ice flavor.
2. Dulcolax Tablets (1 box)
3. Miralax Bottle (238 grams)

#### Three (3) Days Before Your Procedure

**Stop taking any NSAIDs (anti-inflammatory medications)** such as Advil, Aleve, Motrin, aspirin, Celebrex unless taken for vascular or heart disease.

#### One (1) Day Before Your Procedure

**Stop eating all SOLID FOODS today.** You will need to follow a clear liquid diet all day.

**Clear liquid diet allows:** Water, ice pops (**NOT red**), clear broth or bouillon, Gatorade or Kool-Aid (**NOT red**), strained fruit juices without pulp (apple, white grape or lemonade), coffee and tea (NO milk or non-dairy creamers), Jell-O (**NOT red**) without added fruit or toppings, carbonated and non-carbonated drinks (Ginger-ale, Sprite, 7-Up, Cola), Italian ices (**NOT red**). **If you can't see through it, you can't have it! DO NOT DRINK ANYTHING THAT IS THE COLOR RED!!**

**At 3:00 pm – Take 2 Dulcolax tablets with an 8 oz. glass of clear liquids.**

**At 5:00 pm – Mix the Miralax with 64 oz. of Gatorade. Shake until fully dissolved. Drink an 8 oz. glass of solution until 64 ounces are consumed.**

**At 7:00 pm – Take 2 Dulcolax tablets with an 8 oz. glass of clear liquids.**

**After Midnight – DO NOT HAVE ANYTHING TO EAT OR DRINK.**

#### The Day of Your Procedure

**You must take your Heart Medications, Blood Pressure Medications and Seizure Medications,** with sips of water to help you swallow the medicine. Take your morning medications as usual, but you should make adjustments so that all of your medications are taken at least three (3) hours before your procedure time.

**DO NOT EAT OR DRINK ANYTHING AFTER COMPLETING THE PREP.**

**DO NOT CHEW GUM.**

**Do not wear any jewelry to the Center.**

**Bring your escort with you to the procedure.**

**Although most procedures will be completed within 30 minutes, many factors determine your total time spent at the facility. In making your plans for the day, you should plan on spending approximately 2-4 hours at the facility.**

**Please follow these instructions carefully. If you are unsure of anything that needs to be done, do not hesitate to call our office (732-577-1999). Failure to follow the preparation correctly may result in an inconclusive study that will need to be repeated.**