

**Gastroenterology Associates of Brooklyn, PLLC**  
*Gastroenterology, Advanced Endoscopy, Pancreatic and Liver Disease*  
Nygidocs.com

**Miralax Colonoscopy Prep**

Dear Mr. /Ms. /Mrs.: \_\_\_\_\_

You are scheduled for a colonoscopy on Date: \_\_\_/\_\_\_/\_\_\_ Time: \_\_\_\_\_ AM/PM

Location:

**214 Ave P**  
**Brooklyn, New York 11204**  
**718-339-5678**

Purchase four tablets of *Dulcolax 5mg* each, one bottle of *Miralax* powder, one bottles of *Magnesium Citrate* (**LEMON/LIME, NOT CHERRY FLAVOR**), and two bottles of *Gatorade* from the pharmacy. This medication is over the counter.



**DULCOLAX pills**  
(generic: Bisacodyl tablets)  
5 mg tablets  
Just 4 pills



**1 bottles of CITROMA**  
(or Magnesium Citrate)  
**NO CHERRY**  
300 cc or 300 ml

Mix the 238 gram bottle of **MIRALAX** or **Polyethylene Glycol 3350** with two 32 ounce bottles of **GATORADE**. (Split the **MIRALAX** about equally. Shake very well. Place in refrigerator until ready to drink).



**MIRALAX**  
(Polyethylene Glycol 3350\*)  
238 gram bottle



**2 bottles of GATORADE**  
(Two 32-ounce bottles)  
**NO RED/PURPLE COLOR**

The day before the procedure: \_\_\_\_\_ NO SOLID FOOD after: \_\_\_\_\_ AM/PM

You will be on a **clear liquid diet** for breakfast, lunch, and dinner the day before the procedure. Clear liquids include: water, coffee or tea without milk, clear soups, strained broth, apple juice, soft drinks and jello (NOT RED OR ORANGE JELLO). **Drink a lot of clear liquids!**

- On \_\_\_\_\_ beginning at 2:00-3:00PM: Drink 1 bottle of **CITROMA** or **Magnesium Citrate** (300 mL)
- On \_\_\_\_\_ beginning at 4:00 PM: Take **4 DULCOLAX** or **Bisacodyl** pills that are 5 mg each
- On \_\_\_\_\_ beginning at 6:00 PM: Drink **1<sup>st</sup> bottle** of **Gatorade** mixed with **Miralax** powder.
- On \_\_\_\_\_ beginning at 8:00 PM: Drink **2<sup>nd</sup> bottle** of **Gatorade** mixed with **Miralax** powder.

The day of the procedure \_\_\_\_\_ STOP ALL LIQUIDS at: \_\_\_\_\_ AM/PM

**MEDICATIONS**

- Take **all** usual medications **except for** DIABETES pills.
- ALTHOUGH IT IS PREFERRED THAT YOU STOP TAKING "BLOOD THINNERS" AS OUTLINED BELOW, **YOU MUST ASK YOUR PRIMARY DOCTOR OR CARDIOLOGIST IF YOU CAN STOP TAKING MEDICATIONS** TO PREPARE FOR THE EXAM. THE FOLLOWING ARE GENERAL GUIDELINES:

If you take: *Plavix, Pletal, Pradaxa, Effient, Aggrenox* => STOP 7 DAYS BEFORE EXAM If you take: *Coumadin, Warfarin* => STOP 3 DAYS BEFORE EXAM

If you take: *Fragmin, Lovenox* => STOP 24 HOURS BEFORE EXAM If you take: *Iron pills* => STOP TAKING 7 DAYS BEFORE EXAM

If you take: *Aspirin* => YOU CAN CONTINUE

If you have **Diabetes**: IF YOU TAKE INSULIN, TAKE HALF THE INSULIN DOSE. DO NOT TAKE ANY ORAL MEDICATIONS FOR DIABETES.

**After the exam, bring someone along with you, as you may be given a mild sedative.**

**You cannot drive or operate machinery after the exam. Call the office if there are any questions at 718-336-3900.**

IF YOU ARE UNABLE TO KEEP YOUR APPOINTMENT YOU MUST NOTIFY OUR OFFICE AT LEAST 24 HOURS (ONE DAY) IN ADVANCE!

This procedure is an examination of the entire colon, or large bowel. It is designed to help explain symptoms such as bleeding, change in bowel habits or abdominal pain. It permits the taking of biopsies and the removal of polyps, if any are found. You will be asked to sign a standard consent form. Like other invasive procedures in medicine, there is a small but real risk to colonoscopy which includes bleeding, infection and perforation which may require surgery. This is not a perfect exam and may even miss pathology such as polyps and cancer. By signing the form, you are acknowledging that you are aware of this. Please feel free to ask any questions at 718-336-3900.

Signature \_\_\_\_\_ Date \_\_\_\_\_

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