

MIRALAX COLONOSCOPY PREP

Mr. / Mrs. / Ms. _____

Date and Time: _____

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 718-368-2960.

To Buy At Pharmacy:



1 CITROMA
or **Magnesium Citrate***
(NO CHERRY!)
300 cc or 300 mL



DULCOLAX
pills or
Bisacodyl tablets*
5 mg tablets
Only need 4



MIRALAX or
Polyethylene Glycol 3350*
238 gram bottle



2 GATORADES
(Two 32-ounce bottles)
(NO RED/CHERRY!)

* please be aware, generic items are typically equal to brand name and may be less expensive depending on your plan.

The day before the exam: DO NOT EAT SOLID FOOD. You should consume large amounts of clear liquids!

*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).

- **DO NOT DRINK ANYTHING WITH A RED COLOR!!!**

Drink a lot of clear liquids such as:

- *Chicken broth or vegetable broth
- *Water

- *Apple Juice, Lemon Ices and popsicles
- *Ginger Ale, Sprite, 7-up, Mountain Dew

On _____ beginning at _____ AM/PM: Drink 1 bottle of **CITROMA** or **Magnesium Citrate** (300 mL).
On _____ beginning at _____ AM/PM: Take 4 **DULCOLAX** or **Bisacodyl** pills that are 5 mg each.
On _____ beginning at _____ AM/PM: Drink **First 32 ozs** of **MIRALAX/GATORADE** mix over 2 hours.
On _____ beginning at _____ AM/PM: Drink **Second 32 ozs** of **MIRALAX/GATORADE** mix over 2 hours.

STOP ALL LIQUIDS ON _____ AFTER _____ AM/PM
PLEASE DO NOT EAT ANY SEEDS FOR 3 DAYS BEFORE THE EXAM!

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, someone must bring you home. You cannot drive or operate machinery after the exam. Call the office if there are any questions at 718-368-2960.