

North Shore Digestive Medicine, PC
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Smithtown, NY 11787
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COLONOSCOPY WITH MIRALAX / DULCOLAX PREP

Your procedure is scheduled with Dr. Forohar on _____
at _____.

Arrival time (1 hour before appointment)

Arrival time: _____

10 DAYS BEFORE PROCEDURE:

1. Confirm your transportation arrangements. You must have an adult (over 18 years old) accompany you, even if you take public transport, taxi or van. **YOU MUST HAVE SOMEONE WITH YOU.** Your procedure will be canceled if you do not have someone to accompany you home. You will not be able to drive for 24 hours after the procedure.
2. If you take Coumadin, Plavix, Lovenox, or any other anti-coagulant (blood thinner) medicine, you will need approval from your primary care physician, hematologist, or your cardiologist before stopping the medication prior to your procedure. **Keep taking your blood pressure medications and other medications.**
3. If you are a **diabetic and on insulin or oral medication**, you should have received special instructions on what to do with your medications the day before and the morning of the procedure. Contact the office if you have any questions.
4. **We need to know if you have an implanted defibrillator (AICD), pacemaker, or artificial heart valve.** If you have not already done so, please contact the office with this information.
5. **PLEASE PICK UP YOUR PREPARATION SUPPLIES FROM THE PHARMACY A FEW DAYS BEFORE YOUR EXAM.**

You will need to get the following:

1. One 64 oz bottle or two 32 oz bottles of Gatorade (NO RED OR PURPLE COLORS). If you don't like gatorade or have diabetes, you can use 64 oz of water and mix it with crystal light powder (NO RED OR PURPLE COLORS).
2. 238 gram bottle of Miralax powder (over the counter)

3. Four Dulcolax laxative tablets (not suppositories or stool softener)

DAY BEFORE THE PROCEDURE: Preparation is necessary to empty the contents of your intestines so that we can see the intestinal lining. You will need to drink all the preparation; otherwise, you may need to repeat the test at a later time.

1. **CLEAR LIQUIDS ONLY FOR THE WHOLE DAY BEFORE AND UP UNTIL YOUR PROCEDURE. (NOTHING TO EAT ALL DAY BEFORE THE PROCEDURE)!** Clear liquids include water, apple juice, white grape juice, Gatorade, gelatin, beef or chicken broth, popsicles, clear tea, or black coffee. No milk or dairy products. Gum and candy are not allowed. No orange juice or anything that is not transparent or translucent. **NOTHING RED OR PURPLE!** Drink at least 8 glasses of clear liquids throughout the day. It is very important to stay hydrated while preparing.
2. **Starting at 3:00 PM:**
Mix the entire contents of the Miralax bottle (238 grams) with Gatorade 64oz. You can mix Miralax and Gatorade in a pitcher or Gatorade bottle. Stir / shake the contents until the Miralax powder is completely dissolved. The mixture can be refrigerated if preferred.
3. **Starting at 5:00 PM:**

Step 1: Drink 8 oz of the Gatorade/Miralax solution every 15 minutes for one hour. You should finish half the solution (32 ounces) by 6:00 PM.

Step 2: Take 4 Dulcolax tablets after finishing the solution.

Step 3: Drink 16 ounces of any clear liquid of your choice (**NOTHING RED OR PURPLE**)

DAY OF PROCEDURE:

STARTING SIX HOURS PRIOR TO YOUR SCHEDULED PROCEDURE TIME, take the remaining 32 ounces of gatorade/miralax solution. Drink 8 ounces every 15 minutes for one hour. Then drink 16 more ounces of **ONLY WATER. NO ADDITIONAL WATER AFTER THIS POINT. DO NOT DRINK ANYTHING FOR FOUR HOURS BEFORE THE SCHEDULED TIME FOR THE PROCEDURE!** Take your heart, blood pressure, asthma, or thyroid medications the morning of the procedure with a sip of water at least 4 hours before the procedure.

Please arrive an hour before the scheduled time. You still need your photo ID and insurance card. Allow approximately 2-3 hours for your visit. We will contact your driver when you are ready to be picked up.