

Monmouth Gastroenterology, LLC



A Division of Allied Digestive Health

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SPLIT-PREP MIRALAX - COLONOSCOPY BOWEL PREPARATION

PATIENT NAME: _____ Date: _____

Time: **THE FACILITY WILL CALL YOU WITH THE EXACT TIME EITHER ONE OR TWO DAYS PRIOR TO YOUR PROCEDURE.**

You will need to purchase the following for your COLONOSCOPY at any pharmacy or grocery store:

1. One (1) bottle of Miralax – either 238 grams or 255 grams
2. Four (4) Dulcolax (bisacodyl) laxative tablets
3. Two (2) 32 oz. Bottles of Gatorade or Ginger Ale (NO RED OR PURPLE)

FIVE (5) DAYS PRIOR TO YOUR COLONOSCOPY:

Stop taking all herbal medications.

Stop eating raw vegetables, whole grains, bread, bran, beans, oatmeal, corn, nuts, seeds, salads and peel fruits before eating.

Stop taking aspirin or aspirin containing medications.

Stop taking arthritis medications such as Advil, Aleve, Celebrex, Excedrin, Naprosyn, Motrin or Ibuprofen. Tylenol or

Stop taking Coumadin, Warfarin, Plavix, Lovenox, Aggranox and Iron Supplements.

Tylenol containing medication is alright.

THE DAY BEFORE YOUR COLONOSCOPY:

Upon waking start your strict clear liquid diet – this includes coffee or tea (without milk or non-dairy creamers), strained fruit juices without pulp (apple juice, white grape juice, white cranberry, lemonade, Kool-Aid, Tang, Hi-C and Crystal Light), carbonated soft drinks, plain Jell-O (without fruit or toppings), popsicles, clear soup broth or bouillon.

NO RED OR PURPLE COLORS.

Drink enough fluids today so that your urine color stays colorless.

No alcohol today.

No milk products or solid foods at any time.

Take all four (4) Dulcolax (bisacodyl) laxative tablets at 12 noon.

Mix seven (7) capfuls (17 grams each) of Miralax into 32 ounces (1 quart) of chilled Gatorade and begin drinking at 1 pm. Drink entire amount in 1-2 hours. **FOR THIS PREP TO WORK YOU MUST COMPLETE THE ENTIRE AMOUNT IN THIS TIME FRAME.**

At **6 pm** mix up another 7 capfuls of the Miralax in a second quart of chilled Gatorade and begin drinking until the entire amount is completed no later than **8 pm**. **NOTHING TO EAT OR DRINK AFTER MIDNIGHT.**

THE DAY OF YOUR COLONOSCOPY:

Do not take any water pills, diabetic medication or insulin (take diabetic medications with you).

You may take heart medications or blood pressure medications with a small sip of water at least four (4) hours prior to your procedure.

Day of Procedure: YOU NEED TO FINISH DRINKING YOUR LIQUID PREP 6 HOURS PRIOR TO YOUR PROCEDURE. TAKE YOUR HEART MEDICATIONS OR BLOOD PRESSURE MEDICATIONS

Please report to the following location:

Advanced Endoscopy and Surgical Center: 142 Rte. 35, Eatontown, NJ---**732-935-0031**

Monmouth Medical Center: 300 Second Avenue, Long Branch,NJ- **Arrival time:** _____ **outpatient registration**

Jersey Shore University Medical Center: 1945 Rte. 33, Neptune,NJ-**Arrival time:** _____ **outpatient registration**

****YOU MUST HAVE A RESPONSIBLE ADULT ACCOMPANY YOU HOME. Driving yourself, taking a bus or walking is NOT PERMITTED****

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