

MONMOUTH GASTROENTEROLOGY, LLC



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SPLIT-PREP MIRALAX - COLONOSCOPY BOWEL PREPARATION

Patient Name: _____

Date: _____ Tentative Arrival Time : _____ (Time is subject to change. The facility will contact you the day before your procedure to give you the exact arrival time.)

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 (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 Tylenol containing medication is alright.
- Stop taking Coumadin, Warfarin, Plavix, Lovenox, Aggranox and Iron Supplements.

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.

PLEASE REPORT TO THE FOLLOWING LOCATION:

____ Advanced Endoscopy ____ Monmouth Medical Center ____ Jersey Shore University Medical Center
142 Rt 35, Eatontown, NJ 300 Second Ave., Long Branch, NJ 1945 Rt 33, Neptune, NJ

****YOU MUST BE FINISHED DRINKING FOUR (4) HOURS PRIOR TO YOUR PROCEDURE OR YOU RISK BEING CANCELLED.****
YOU MUST HAVE A RESPONSIBLE ADULT ACCOMPANY YOU HOME. Driving yourself, taking a bus or walking is NOT PERMITTED.

Updated 8/10/11