

AFFILIATES IN GASTROENTEROLOGY, P. A.

Preparation for Colonoscopy- Miralax And Dulcolax

Colonoscopy is a routine, safe and pain free procedure used to examine the colon. These are the steps that you must take before the procedure. **WITH THE CONSENT OF YOUR CARDIOLOGIST/INTERNIST, PATIENTS ON COUMADIN, PLAVIX, LOVENOX, OR PRADAXA SHOULD DISCONTINUE MEDICATIONS 1-5 DAYS PRIOR TO THE COLONOSCOPY.** Check with cardiologist/internist on how long to hold these medicines. **IDEALLY, IRON SHOULD BE AVOIDED FOR 7 DAYS, IF POSSIBLE. TYLENOL AND/OR MULTIVITAMINS ARE ALLOWED.** If you are unsure of other medications you may be taking, check with our office.

NOTE: SINCE YOU WILL BE UNABLE TO DRIVE AFTER THE PROCEDURE, PLEASE HAVE A DRIVER ACCOMPANY YOU. YOU MAY NOT DRIVE A VEHICLE UNTIL THE NEXT DAY.

Individual responses to laxatives vary. This Prep is designed to cause multiple liquid bowel movements. It may cause nausea or vomiting. It often works within 30 minutes, but may take as long as 4 – 8 hours. Please remain within easy reach of toilet facilities. If you note increased nausea, you may need to slow consumption of your prep, but still complete within 4 hours.

You will need to purchase:

1. Dulcolax Laxative Tablets 5 mg – You need 4 tablets (No prescription necessary)
2. One bottle of 238 grams of Miralax (No prescription necessary)
3. Purchase 64oz of any (**NON-RED**) clear liquid of your choice or Gatorade (**NON-RED**). If you have diabetes, water with Crystal Light may be used.

1. The day before your procedure, start your clear liquid diet. Your diet may consist of: strained fruit juices without pulp (apple, white grape, lemonade), Gatorade, carbonated and non-carbonated soft drinks, Kool-Aid (or other fruit-flavored drinks), **clear** broth or bouillon, plain Jello (without added fruits or toppings), ice popsicles, black coffee or black tea and water. **Do not** take any milk products, tomato juice or any **RED OR PURPLE** liquids or Jello. Nothing should contain seeds or nuts.

2. Between 3 PM and 5 PM: Take the 4 Ducolax tablets with any clear liquid listed above.

3. One hour after taking the Ducolax tablets, mix entire bottle of Miralax with 64 oz. of any clear liquid of your choice. Drink one 8 oz glass every 10 – 15 minutes until solution is gone. The Miralax mixture needs to be finished within 2 – 3 hours of starting. If you become nauseous, you may slow consumption to 4 hours.

4. **DO NOT BEGIN PREP LATER THAN 7 PM AND NOTHING MAY BE TAKEN BY MOUTH FOR 3 HOURS PRIOR TO PROCEDURE.**

5. If your bowel movement is not watery by the morning of the procedure, you may take a Fleets Enema to complete preparation.

Name _____ Date _____

REPORT TO:

_____ Florham Park Endoscopy Center, 195 Columbia Turnpike, Florham Park, N.J.
(across from Crescent Plaza, Starbucks and Kings) (973-410-1800)

_____ Hanover Endoscopy Center of Northern NJ 91 S. Jefferson Road Whippany, NJ
973-929-6800

_____ St. Barnabas Medical Center, 1300 Short Stay Unit, Old Short Hills Rd, Livingston, N.J.
(973-322-5062)

_____ St. Barnabas Ambulatory Care Center, Main Entrance, 200 South Orange Avenue,
Livingston, N.J. (opposite Livingston Mall) (973-322-7723)

_____ Morristown Memorial Hospital 100 Madison Avenue Morristown, NJ (973-971-5088)

_____ Morristown Surgical Center 111 Madison Avenue 4th floor Morristown, NJ (973-971-6970)

REGISTER AT: _____ A.M. P.M., PROCEDURE AT: _____ A. M. P. M.

Morristown Office
Drs. Samach, Wallach
Rosen, Morton
973-455-0404

Morristown Office
Dr. Stein
973-410-0960

West Orange Office
Drs. Sloan, Schrader,
Schuman, Askin,
Rosenthal
973-731-4600