

Colonoscopy Preparation

DATE: _____ TIME: _____ ARRIVAL: _____

Before you begin: Purchase 238 g of Miralax, 2 bottles of Gatorade 28 oz (not red), 4 tablets of Dulcolax and 1 tablet of Gasex

One week prior to the procedure: Stop iron containing supplements, pain medications like Ibuprofen, Motrin, Advil, Naproxen (NSAIDs), Aspirin, Plavix and fish oil supplements.

If you are on Coumadin, Eliquis, Xarelto, Pradaxa or other similar medications, confirm with the office when to stop them.

If you are on Ozempic, Wegovy, Mounjaro or similar medications, do not take them the week before.

Three days before the procedure: Begin a low fiber diet, avoid eating nuts, seeds, popcorn, peas, tomatoes- these will clog the scope and interfere with the procedure.

Day before the procedure: Begin a clear liquid diet (you should be able to see through the glass filled with the liquid) ex. Water, black coffee or tea, clear soup or bouillon, sports drinks (not red), apple juice, plain Jello, Italian ices, popsicles without added fruit or milk, ensure clear.

If you are a diabetic, take half of your diabetes medications.

At 5 PM: Take 2 tablets of Dulcolax. Mix the Miralax in the 2 bottles of Gatorade, stir until it is completely dissolved and drink 8 oz every 10 minutes till finished. Take the Gasex pill after the first 4 glasses. If you develop cramping, nausea or bloating stop drinking for 30 minutes. You may then resume drinking the solution. It will take 1-2 hours before you start moving your bowels and the diarrhea may last several hours. 30 minutes after drinking the Gatorade/Miralax solution, take 2 tablets of Dulcolax with water. Continue drinking clear liquids till 6 hours before the procedure.

If you have any questions or concerns, please call us at 908-684-3000

*Please arrange for someone to accompany you. You are given sedating medication and will not be allowed to go back on your own

**Failure to take the prep as directed will result in incomplete cleansing and will result in cancelling the procedure and repeating the procedure.

***Follow-up in the office 2 weeks after the procedure. Results are not given over the phone.