

COLONOSCOPY

Miralax & Gatorade Prep Instructions

Where: ADVANCED ENDOSCOPY CENTER (AEC) 5500 Broadway, Bronx NY 10463
(West 230TH STREET & BROADWAY) SUITE 1A
718-548-7900

Name _____ Date _____ TIME _____

Discontinue any other medications you were instructed to by your doctor.

One week prior to the procedure:

discontinue all aspirin or medications
containing Aspirin/Aleve/Motrin/Advil/Ibuprofen.

Day before the procedure:

DO NOT EAT ANY SOLID FOODS
(No RICE, BEANS, CORN, VEGETABLES, FRUITS)
All day clear liquid diet, unlimited quantities of juice, broths, soda, tea,
coffee, jello. Do not drink anything that is red or purple.

3PM Day before procedure:

Take (4) 5mg DULCOLAX pills (buy in pharmacy over the counter)

5PM Day before Procedure:

Mix the 255 gram bottle of MIRALAX with 64 oz cold GATORADE.

Shake the solution well and mix thoroughly.

Drink an 8 oz glass every 10-15 minutes until complete.

For the rest of the evening clear liquids; Begin fasting at midnight.

On the Day of procedure:

Continue fasting.

DO NOT EAT OR DRINK

ANYTHING! TAKE ALL YOUR REGULAR MEDICATIONS!

If you are diabetic do not take your DIABETES PILLS the day of
procedure. (ADJUST YOUR INSULIN DOSE AS PER DR. INSTRUCTIONS)

**You must notify our office at least 48 hours in advance of any changes
or cancellations. You must arrange for someone to pick you up.**

Any questions please contact our office [718-796-1000](tel:718-796-1000)

www.gastroriverdale.com