

**COLONOSCOPY**  
**Miralax & Gatorade Prep Instructions**

**Where: ADVANCED ENDOSCOPY CENTER (AEC)**  
**5500 Broadway, Bronx NY 10463**  
**(West 230<sup>TH</sup> STREET & BROADWAY) SUITE1A**  
**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/Alevee/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***

***[www.gastroriverdale.com](http://www.gastroriverdale.com)***