



GASTROENTEROLOGY & LIVER ASSOCIATES
OF RIVERDALE, PC

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INSTRUCTIONS FOR YOUR PROCEDURE – COLONOSCOPY WITH MIRALAX / GATORADE PREP

Patient Name _____ **DATE** _____ / _____ /20 **TIME** _____ :

ONE WEEK BEFORE YOUR TEST:

- Do not eat raw vegetables, salad, beans, corn, tough/fibrous vegetables, nuts, seeds, etc.
- AVOID NSAIDS (Ibuprofen, Motrin, Aleve, Advil)

YOU WILL NEED TO BUY FROM THE PHARMACY (non-prescription):

1. Dulcolax (bisacodyl) 5mg tablets
2. Miralax (PEG-3350) 238gram bottle
3. Gatorade (not red), 64 oz bottle(s) - place in refrigerator

Stop taking Plavix/Clopidogrel Aspirin Other (_____) on ___/___

* CONTINUE TO TAKE ALL OTHER REGULAR MEDICATIONS EVERY DAY, (BLOOD PRESSURE, ETC) INCLUDING THE MORNING OF THE TEST (>3 HOURS BEFORE)

ONE DAY BEFORE YOUR TEST:

If you are a diabetic on insulin, check with your doctor to adjust your medications.

NO SOLID FOOD ALL DAY MORNING THROUGH NIGHT; NO SHAKES/SMOOTHIES.
DRINK ONLY CLEAR LIQUIDS, AS MUCH AS YOU WANT, but nothing red or purple.
This includes: Juice (no pulp), coffee, tea, broth, soda, water, jello. AVOID milk and dairy.

3pm on the day before the test: Take (4) 5mg DULCOLAX pills

5pm on the day before the test:

Mix the 238 gram bottle of MIRALAX with 64 oz cold GATORADE, stir/shake thoroughly.
Drink an 8 oz glass every 10-15 minutes until ALL of the liquid mixture is done.
You may drink other CLEAR LIQUIDS in the evening too, but begin fasting at midnight.

ON THE DAY OF YOUR TEST:

TAKE YOUR REGULAR MEDICATIONS WITH WATER 3-4 HRS BEFORE YOUR TEST.

If you are diabetic, do not take your DIABETES PILLS the day of procedure.

DO NOT EAT OR DRINK ANYTHING ELSE BEFORE YOUR TEST.

You must notify our office at least 48 hours in advance of any changes or cancellations.

You must arrange for someone you know to pick you up after the test. Not a taxi driver.

If you have any questions please contact our office at 718-796-1000.