

South Island Gastroenterology Associates, P.C.

Steven L. Kadish, M.D. Jonathan Zinberg, M.D.

141 Washington Ave STE 204

Lawrence, NY 11559

Tele: (516)341-0990

Your procedure is scheduled for Date: _____ Time: _____

MiraLax Prep for Colonoscopy

Items to Purchase:

- 510-gram bottle of MiraLax
- 1- 10oz bottle of citrate of magnesium
- Dulcolax laxative tablets
- SALINE Fleet Enema
- 64 ounces of Gatorade, Snapple, Crystal Lite, apple juice (you may choose any flavor EXCEPT red, orange or purple)

Two days before the colonoscopy, have an early dinner, wait 3 hours then take one 10oz bottle of citrate of magnesium followed by 2 glasses of water, take two Dulcolax tablets at bedtime.

The day before the colonoscopy drink ONLY clear liquids for the entire day.

- Clear liquids include coffee, tea (no milk or cream), chicken broth, beef bouillon, apple juice, white grape juice, ice pops, Jell-O (no red, orange or purple)

At 12:00 noon take two Dulcolax pills

At 5:00 pm mix entire 510-gram bottle of MiraLax powder with 64 ounces of fluid.

Make sure it is well dissolved. Begin drinking the first 32 ounces of prep, having one 8 ounce glass every 20-30 minutes until you have finished the entire 32 ounces. Drink fluids until bedtime.

The morning of colonoscopy:5 hours prior to procedure

Drink the remaining 32 ounces of prep, having one 8 ounce glass every 20-30 minutes until you have finished the entire 32 ounces. **MUST BE FINISHED 4 HOURS PRIOR TO COLONOSCOPY!**

If you take heart and/or blood pressure medications continue to take them on the day of the

procedure. Very early in the morning with a small sip of water.
(Diabetics- consult your physician regarding diabetic medication)

On the day of your colonoscopy give yourself one Fleet Enema an hour before leaving for the office and if you are not clean you can have one bottle of Citrate of magnesium, only lemon flavor, three hours before your procedure.

If you are unsure of which medications you should be taking, call the office.

*If you are taking any blood thinning medications (such as Aspirin, Plavix, Coumadin, Advil, painkillers, arthritis medication or like products) please call the office to discuss this. If you are prescribed, Plavix and/or Coumadin you should contact your Cardiologist or Internist for instructions prior to the colonoscopy.

It has been decided that a colonoscopy is necessary for further evaluation and treatment of your condition. Colonoscopy is an examination of the colon (large bowel) with a flexible tube, about the thickness of your pinkie finger. It is inserted through the rectum into the large intestine and allows the doctor to examine the lining of the colon. A live color image is transmitted onto a screen. Your efforts at cleansing your colon are essential for an accurate procedure. The better the preparation, the more reliable the results. In a small percentage of cases, passage of the colonoscope through the entire colon cannot be achieved. A limited examination may be sufficient if the area of suspected abnormality was well visualized. In addition, other imaging studies may complement colonoscopy when this rare situation arises.

PLEASE READ & FOLLOW ALL INSTRUCTIONS CAREFULLY!

-Procedures are performed using intravenous sedation. It is therefore recommended that you be accompanied by a friend or relative to drive you home. You MAY NOT drive for 8 hours following your procedure.

- Patient with defibrillators generally cannot have this procedure done in our office. Call us to arrange for an appointment at the hospital

-If you have sleep apnea, please bring this to the attention of our office.

Prior to stopping any medications, please discuss it with your internist or cardiologist.

-If you take any blood thinning medications please bring this to the attention of our office.

-Tylenol and other brands which contain ACETAMINOPHEN are safe to use prior to this procedure

-If you are insulin dependent, please inform us so we may schedule your procedure early in the morning