

Ivan Friedrich, M.D.
Kenneth P. Rubin, M.D.
Vincent S. Panella, M.D.
Mark S. Sapienza, M.D.
Irina Kaplounov, M.D.
Sandarsh R. Kancherla, M.D.
Diplomates, American Board of Gastroenterology and Internal Medicine
420 Grand Avenue
Englewood, N.J. 07631
(201)569-7044

Miralax Colonoscopy Prep

NAME: _____ PHYSICIAN: _____

DAY AND DATE: _____ TIME: _____ ARRIVE AT: _____

PLACE: _____ REPORT TO: _____

Please note: There is a 24 hour cancellation policy. For procedures cancelled with less than 24 hours notice, a fee of \$125 dollars will be assessed.

1 week Before your test

- Check with our office for specific instructions if you take ANY blood thinning medications (Coumadin, Pradaxa, Effient, Aspirin (Ecotrin), Eliquis, Xarelto, Plavix, etc.)
- Check with your physician for specific instructions if you take ANY diabetes medications (Insulin, Metformin, Janumet, Glipizide, etc.)
- Pick up 1-238GM container of MiraLax and 1 small Box of Ducolax tablets from your pharmacy
- STOP oral iron 5 days before test
(Vitamins with iron are OK)

DAY Before your test

- START a CLEAR LIQUID DIET when you wake up
- NO RED LIQUIDS (No milk, No orange juice)
- Gatorade, juice, water, ice pops, tea, coffee are OK
- At 12 NOON TAKE 2 tablets of Ducolax with 8oz of clear liquids.
- MIX the entire MiraLax container with TWO (2) QUARTS of Gatorade in a large pitcher and CHILL
- 4PM TAKE ONE (1) 8oz glass of MiraLax solution every 10-15 minutes until complete
Use LOLLIPOPS (RED ones are OK)
- At 8PM TAKE 2 tablets of Ducolax with 8oz of clear liquids
- Continue CLEAR LIQUID diet
- Get some sleep

DAY of your test

- TAKE all your usual medications when you wake up with a sip of water
- Continue CLEAR LIQUID diet
- 4 Hours before your test: STOP ALL oral intake-NOTHING!!!
NO gum or candy
NO cologne, perfume, or lotions please!
- You must have a ride home-NO Driving until the following day!
- For all women of child-bearing age, a urine pregnancy test must be done on arrival at the center.