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Diplomates, American Board of Gastroenterology and Internal Medicine

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 bloodthinning 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

Englewood Office

420 Grand Avenue, Suite 101

Englewood, NJ 07631

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.