

2 DAY MIRALAX PREP: COLONOSCOPY BEFORE 1:00PM

Seven Days Prior to Your Colonoscopy

- ✓ Stop taking Aspirin and NSAID's (Ibuprofen, Advil, Motrin, Aleve, Excedrin, Naprosyn, Mobic, etc.). You are allowed to take Tylenol
- ✓ Stop taking Multivitamins, Vitamin E, Iron, Fish Oils (Omega Fatty Acids, Lovaza, Vascepa)
- ✓ **If you take BLOOD THINNERS** like Coumadin (Warfarin), Plavix (Clopidogrel), Aggrenox (dipyridamole), Brilinta (ticagrelor), Lovenox (enoxaparin), Pletal (cilostazol), Pradaxa (dabigatran), Eliquis (apixaban), Xarelto (rivaroxaban), Effient (prasugrel), Savaysa (Edoxaban) or any blood thinner discuss with your Primary Doctor when these medications should be stopped prior to your procedure
- ✓ **If you are a DIABETIC**, check with your Primary Care Doctor about what to do with your diabetic medication the day before and the day of the procedure

Three Days Prior to Your Colonoscopy

- ✓ Eliminate Nuts, Seeds, Grains & Raw Vegetables. Reduce your portion of Salad
- ✓ Purchase **1 Large Bottle (238 grams) of Miralax** which is sold over the counter
- ✓ Purchase **1 Box Dulcolax 5mg tablets (Green Box)** which is sold over the counter
- ✓ Purchase **1 Box of Phillips Laxative Caplets**
- ✓ Purchase **64 ounce** of your favorite drink; **Gatorade OR Crystal Light OR Snapple OR Vitamin Water**. Any flavor except those with a RED color
- ✓ Purchase a box of baby wipes (moist wipes)
- ✓ Purchasing a big wide straw (like you would use for a milkshake) can make drinking the solution easier



Two Days Prior to Your Colonoscopy

- ✓ At 1:00pm take 2 pills of Phillips and at 6:00pm take another 4 pills of Phillips with a glass of water

The Day Before Your Colonoscopy

- ✓ Follow your **Clear Liquid Diet** (on the last page) for the whole day and after midnight you are **NOT** allowed to have anything by mouth until the colonoscopy is completed the next day.
- ✓ At 1:00pm take 3 pills of Phillips
- ✓ Place the drink you purchased in a pitcher and mix in the entire bottle of Miralax. Stir the solution well so the Miralax can dissolve, then refrigerate to make it chill.
- ✓ At around 3:00pm the day before the procedure, take 2 Dulcolax pills and start drinking one 8oz glass of the solution every 20 minutes until the **WHOLE pitcher** is consumed. You must take all 64 oz of the solution. At 8:00pm take 2 more Dulcolax pills with water. **To ensure a complete and thorough examination, complete the bowel preparation as stated above**
- ✓ After going to the bathroom, use only the baby wipes (moist wipes) to prevent irritation
- ✓ Place a napkin or pad in your underwear prior to bed because leakage may occur while sleeping

The Day Of The Colonoscopy

- ✓ Unless otherwise instructed by your doctor, take all your **prescription** medications with a sip of water.
- ✓ Do not smoke the day of the procedure
- ✓ You must arrive **30 MINUTES** prior to the scheduled procedure.
 - Star Surgical Suites: 623 Stewart Avenue Suite 101 Garden City, NY 11530
(516) 222-(STAR)
- ✓ Because of the medication you will receive during the procedure, **someone must accompany you home**. For the remainder of the day you will be required to rest at home and not operate a vehicle

2 DAY MIRALAX PREP: COLONOSCOPY AT 1:00PM OR LATER

Seven Days Prior to Your Colonoscopy

- ✓ Stop taking Aspirin and NSAID's (Ibuprofen, Advil, Motrin, Aleve, Excedrin, Naprosyn, Mobic, etc.). You are allowed to take Tylenol
- ✓ Stop taking Multivitamins, Vitamin E, Iron, Fish Oils (Omega Fatty Acids, Lovaza, Vascepa)
- ✓ **If you take BLOOD THINNERS** like Coumadin (Warfarin), Plavix (Clopidogrel), Aggrenox (dipyridamole), Brilinta (ticagrelor), Lovenox (enoxaparin), Pletal (cilostazol), Pradaxa (dabigatran), Eliquis (apixaban), Xarelto (rivaroxaban), Effient (prasugrel), Savaysa (Edoxaban) or any blood thinner discuss with your Primary Doctor when these medications should be stopped prior to your procedure
- ✓ **If you are a DIABETIC**, check with your Primary Care Doctor about what to do with your diabetic medication the day before and the day of the procedure

Three Days Prior to Your Colonoscopy

- ✓ Eliminate Nuts, Seeds, Grains & Raw Vegetables. Reduce your portion of Salad
- ✓ Purchase **1 Large Bottle (238 grams) of Miralax** which is sold over the counter
- ✓ Purchase **1 Box Dulcolax 5mg tablets (Green Box)** which is sold over the counter
- ✓ Purchase **1 Box of Phillips Laxative Caplets**
- ✓ Purchase **64 ounce** of your favorite drink; **Gatorade OR Crystal Light OR Snapple OR Vitamin Water**. Any flavor except those with a RED color
- ✓ Purchase a box of baby wipes (moist wipes)
- ✓ Purchasing a big wide straw (like you would use for a milkshake) can make drinking the solution easier



The Day Before Your Colonoscopy

- ✓ You may have a **Normal BIG Breakfast** and **Early Light Lunch** (Soup & Crackers). After lunch you can **ONLY** have a **Clear Liquid Diet** (see following page)
- ✓ At **1:00pm** take 4 pills of Phillips with a glass of water
- ✓ Place the drink you purchased in a pitcher and mix in the entire bottle of Miralax. Stir the solution well so the Miralax can dissolve, then refrigerate to make it chill
- ✓ At around **3:00pm** the day before the procedure, take 2 Dulcolax pills and start drinking one 8oz glass of the solution every 20 minutes until the **WHOLE pitcher** is consumed. You must take all 64 oz of the solution. At **8:00pm** take 2 more Dulcolax pills with water. **To ensure a complete and thorough examination, complete the bowel preparation as stated above**
- ✓ After going to the bathroom, use only the baby wipes (moist wipes) to prevent irritation
- ✓ Place a napkin or pad in your underwear prior to bed because leakage may occur while sleeping

The Day Of The Colonoscopy

- ✓ **By 8:00am**, take 4 pills of Phillips and **2 Dulcolax tablets** with two glasses of water
- ✓ You will be allowed to have a Clear Liquids **UP UNTIL 4 hours prior to your test** and after that you are not allowed to eat or drink anything
- ✓ Unless otherwise instructed by your doctor, take all your **prescription** medications with a sip of water.
- ✓ Do not smoke the day of the procedure
- ✓ You must arrive **30 MINUTES** prior to the scheduled procedure
 - **Star Surgical Suites: 623 Stewart Avenue Garden City Suite 101, NY 11530 (516) 222-(STAR)**
- ✓ Because of the medication you will receive during the procedure, **someone must accompany you home**. For the remainder of the day you will be required to rest at home and not operate a vehicle

Clear Liquid Diet

This diet consists of food products that are clear (things you can see through). The purpose of this type of diet is to limit the amount of food residue in the colon in order to be able to thoroughly examine the colonic wall during your colonoscopy.

Food Category	ALLOWED
Beverages	Water, Tea or Coffee(without milk), Apple Juice, Grape Juice, Soda, Ginger Ale, Gatorade, or other Clear Drinks
Desserts	Plain Jell-O (no red color), Water Ices (Italian Ices), Popsicles, Sorbet
Soups	Fat Free Broth, Fat Free Bouillon, Fat Free Consommé
Sweets	Hard Candy, Honey, Sugar

The above diet should be **followed strictly** in order to help ensure a thorough exam. No other foods are allowed with this diet, some examples of foods NOT allowed are listed below.

NOT ALLOWED
Milk, Cheese, Breads, Ice Creams, Sherbet, Eggs, Fruits, Vegetables, Meat, Poultry, Fish

Sample Meal Pattern

Breakfast: 1 glass of apple juice, 1 cup of Jell-O, 1cup of tea with sugar
10am Snack: 1 glass of ginger ale, 1 cup of Jell-O
Lunch: 1 cup of chicken broth, 1 glass of carbonated beverage
3pm Snack: 1 cup of tea with sugar, 1 cup of Jell-O
Dinner: 1 cup of vegetable consommé, 1 glass of fruit Juice
8pm Snack: 1 cup of Italian ice, 1 cup of Jell-o

Keep yourself well hydrated