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COLONOSCOPY PREPARATION –MIRALAX PREP

PATIENT NAME: _____ Chart #: _____

APPOINTMENT LOCATION:

____ Carnegie Hill Endo: 1516 Lexington Avenue (98th Street) NY, NY 10029
Phone:(212) 860-6300

**** You must arrive at 45 MINUTES prior to your appointment time to register****

APPOINTMENT DATE: _____ ARRIVAL TIME: _____

PLEASE NOTE:

- Do not take Aspirin one week before the procedure (Please check with your Primary doctor to confirm this).
- Do not take Iron products one week before the procedure.
- Avoid anti-inflammatory drugs (Advil, Motrin, Aleve, etc.) 1 day before the procedure.
- Please call us immediately if you are on Coumadin or Lovenox.
- Tylenol is ok to take up until the day before procedure.

ASK YOUR DRUGGIST FOR:

- (1) 238 gram bottle of Miralax / 4 Dulcolax Tablets / 64oz of Gatorade (or two 32oz)

Note: Individual responses to laxatives do vary; this prep may cause multiple bowel movements. Often works within 30 minutes; may take as long as 4-6 hours. Please remain within easy reach of toilet facilities.

DIET: NO SOLID FOOD ON THE DAY BEFORE YOUR EXAMINATION. YOU MAY TAKE THE FOLLOWING ALL DAY:

ON THE DAY BEFORE COLONOSCOPY:

Drink plenty of clear liquids. Clear liquids include: **white** cranberry and apple juice, 7-UP, ginger ale, tea, clear chicken broth without noodles and plain Jell-O, water, coffee and carbonated drinks are included. **DO NOT TAKE RED LIQUIDS OR DAIRY**. Nothing should contain seeds or nuts.

- At 2-3 pm, take (4) four **DULCOLAX TABLETS** with 8oz of water. Swallow tablets whole with a full glass of water. The package may direct you not to exceed two tablets at any time, but for the purpose of this exam, you should take four.
- At 5-6 pm, mix the 238-gram bottle of Miralax in 64oz of Gatorade (or two 32oz bottles) (**NOT RED OR PURPLE**) and shake the solution until the Miralax is dissolved. Drink an 8oz glass every 10-15 minutes until the solution is gone.

NOTHING BY MOUTH THREE (3) hours PRIOR THE PROCEDURE-NOT EVEN WATER
You MUST have someone to accompany you to take you home after the procedure. Do not drive for 8 hours after the procedure.

IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL OUR OFFICE AT (212) 369 2490 AND WE WILL BE HAPPY TO HELP YOU.

X_____ Please sign and return instruction sheet on date of Procedure