



Digestive Disease Associates of Rockland, PC
974 Route 45, Pomona NY 10970
(845) 354-3700

MIRALAX / GATORADE

All women under 50 years of age **must** have a urine pregnancy test performed in our office, prior to your procedure

COLONOSCOPY PREPARATION

A thorough cleansing of the colon is essential and the examination is most successful if you follow the directions for preparation completely, as outlined below. Improper cleansing may result in rescheduling your procedure. If you have any questions about the test or preparation, please do not hesitate to call our office.

On the day of your appointment, **someone must accompany you to the office or hospital.** Plan to be with us for a total of two to three hours. When you arrive, you will need to complete your paperwork and then change into a patient gown. If you are a woman under the age of 50, you will be asked to give urine sample. The nursing staff will take you into the procedure room, perform a brief assessment, and place an I.V. You will be then sedated and undergo the colonoscopy. The colonoscopy itself takes about 15-30 minutes.

After the colonoscopy, you will rest in the recovery area while the sedative wears off. Due to the sedation, you may not remember your conversation with the doctor after the colonoscopy. Please have a family member or friend stay with you that can speak with the doctor and nurses after the procedure. ***By law, you cannot drive the rest of the day of the colonoscopy.*** We advise you to take the entire day off work.

Please bring a list of all prescription medications and non-prescription products (over-the-counter, anti-inflammatory, herbal, vitamins, etc) you are taking and a list of any medications you are allergic to.

SPECIAL CONSIDERATIONS:

- ❖ Stop **ASPIRIN, ADVIL, MOTRIN, ALEVE, IBUPROFEN** or any other anti-inflammatory drugs nine days before your procedure. You may take **TYLENOL** only.
- ❖ Stop individual **Vitamin E** or **Gingko biloba** supplements nine days before your procedure.
- ❖ If you take **COUMADIN, PLAVIX** or any other **BLOOD THINNERS**, **please inform us.** A blood test may need to be performed before your procedure. We recommend that you speak with your cardiologist or primary physician regarding stopping your blood thinners.
- ❖ Take your **BLOOD PRESSURE** or **HEART MEDICATIONS** without interruption, including the morning of your procedure.
- ❖ If you are **DIABETIC**, check with your primary physician regarding taking your insulin or oral diabetic medications.
- ❖ Stop any **iron preparations, Metamucil or fiber preparations** five days prior to your appointment. You may take multivitamins that contain iron.
- ❖ If you require **antibiotics before going to the dentist** or for a **heart murmur, valve disease or joint replacement,** please inform us.

***** TURN OVER FOR PREP INSTRUCTIONS *****

COLONOSCOPY PREP INSTRUCTIONS

PURCHASE THESE ITEMS AHEAD OF TIME:

- ❖ Phillips Milk of Magnesia
- ❖ Four **Dulcolax** laxative tablets (does not need a prescription)
- ❖ One 238-gram bottle of **Miralax** (available over the counter)
- ❖ One 64-ounce bottle of **Gatorade** (**no red** flavors)
- ❖ Tuck's pads or Vaseline can be used to protect the anal area especially if you have hemorrhoids.

Please do not eat any corn or seed products for 72 hours prior to your procedure

TWO DAYS BEFORE YOUR COLONOSCOPY:

Take four tablespoons of Milk of Magnesia at 7:00 p.m.

THE DAY BEFORE YOUR COLONOSCOPY:

- Start on a **CLEAR LIQUID DIET** from the moment you get up and continue all day:

Clear bouillon	Tea (without milk)	Sprite
Chicken broth	Coffee (without milk)	7-up
Vegetable broth	Kool-Aid (not red)	Ginger Ale
Beef broth	Carbonated beverages	Apple juice
Consomme	Iced tea	White grape juice
Jello (not red)	Gatorade (not red)	Italian ice (not red)

- **NO SOLID FOOD of any kind for the entire day.**
- Throughout the day, make sure to drink at least eight glasses (two quarts) of fluids such as Gatorade or a similar product, preferably not only plain water.
- Take your usual prescription medications. If you are on Coumadin or other blood thinners, please contact our office and your primary physician for specific instructions at least one week prior to the colonoscopy.

2:00 p.m. Take four Dulcolax tablets by mouth with water.

4:00 p.m. Mix the entire 238-gram bottle of Miralax in 64-ounces of Gatorade. Shake the solution until the Miralax is dissolved. Drink 6 to 8-ounces of the Miralax/Gatorade mixture every 15-20 minutes until the entire 64 ounces of solution is completely gone. This may take anywhere between 2-6 hours to complete. If you develop nausea or fullness, slow down – stop drinking the solution for 30-60 minutes, then resume.

Remember to remain close to toilet facilities! It can take 1 – 4 hours for diarrhea to begin. You should continue to have diarrhea until the stool is completely clear (i.e. liquid/watery with no particles). You may continue to have clear liquids until midnight. After midnight, you may not have anything else to drink.

THE DAY OF YOUR COLONOSCOPY:

You may not have anything to eat or drink the entire day, until after your procedure is completed. If you take prescription medications, you may take them in the morning with a small sip of water. Continue with all your usual prescription medications – please be sure to take any blood pressure or heart medications the morning of the test with a sip of water.