

# AFFILIATES IN GASTROENTEROLOGY, P. A.

## *Preparation for Colonoscopy- Miralax And Dulcolax*

**No ASPRIN, IBUPROFIN, IRON, or VITAMIN E** should be taken for at least 7 days prior to colonoscopy. Patients on **COUMADIN, PLAVIX, PERSANTINE** should discontinue it 3 to 5 days prior to the colonoscopy, **WITH THE CONSENT** of their cardiologist/internist. **IF THERE ARE QUESTIONS, PLEASE CHECK WITH OUR OFFICE.** If you are unsure of other medications you may be taking, **CHECK WITH OUR OFFICE. TYLENOL AND/OR MULTIVITAMINS ARE ALLOWED.**

Note: Individual responses to laxatives vary. This Prep may cause multiple bowel movements. It often works within 30 minutes, but may take as long as 4 – 6 hours. Please remain within easy reach of toilet facilities.

You will need to purchase:

1. Dulcolax Laxative Tablets 5 mg – You need 4 tablets (No prescription necessary)
2. One bottle of 238 grams of Miralax (No prescription necessary)
3. One package of Crystal Light lemon or iced tea flavor (64 oz)

1. The day before your procedure, you may have a light breakfast until 10:00 AM. After breakfast, start your clear liquid diet. Your diet may consist of: strained fruit juices without pulp (apple, white grape, lemonade), Gatorade, carbonated and non-carbonated soft drinks, Kool-Aid (or other fruit-flavored drinks), clear broth or bouillon, plain Jello (without added fruits or toppings), ice popsicles, black coffee or black tea and water. **Do not** take any milk products, tomato juice or any red or purple liquids or Jello. Nothing should contain seeds or nuts.

2. Between 3 PM and 5 PM: Take the 4 Ducolax tablets with any clear liquid listed above.

3. One hour after taking the Ducolax tablets, mix entire bottle of Miralax with 64 oz. of Crystal Light. Drink one 8 oz glass every 10 – 15 minutes until solution is gone. The Miralax mixture needs to be finished within 2 hours of starting.

4. DO NOT BEGIN PREP LATER THAN 7 PM AND NOTHING MAY BE TAKEN BY MOUTH FOR 5 HOURS PRIOR TO PROCEDURE.

**NOTE: Since you will be unable to drive after the procedure, please have a driver accompany you. You may not drive a vehicle until the next day.**

Name \_\_\_\_\_

Date \_\_\_\_\_

REPORT TO:

\_\_\_\_\_ Florham Park Endoscopy Center, 195 Columbia Turnpike, Florham Park, N.J.  
(across from Crescent Plaza, Starbucks and Kings) (973-410-1800)

\_\_\_\_\_ Hanover Endoscopy Center of Northern NJ 91 S. Jefferson Road Whippany, NJ  
973-929-6800

\_\_\_\_\_ St. Barnabas Ambulatory Care Center, Main Entrance, 200 South Orange Avenue,  
Livingston, N.J. (opposite Livingston Mall) (973-322-7723)

\_\_\_\_\_ Morristown Memorial Hospital 100 Madison Avenue Morristown, NJ (973-971-5088)

\_\_\_\_\_ Morristown Surgical Center 111 Madison Avenue 4<sup>th</sup> floor Morristown, NJ (973-971-6970)

REGISTER AT: \_\_\_\_\_ A.M. P.M.

PROCEDURE AT: \_\_\_\_\_ A.M. P.M.

Dr. Stein  
973-410-0960