

# PREPARING FOR YOUR COLONOSCOPY

Dulcolax plus Miralax Prep- Split dose

PRINCETON GASTROENTEROLOGY ASSOC. PA

To Schedule Call # 609-924-1422

Fax# 609-924-7473

Purchase the following **OVER THE COUNTER** products for your bowel prep:

- Dulcolax Laxative Tablets (buy box of 10). NOT the suppositories!
- Miralax Laxative Powder 238 gm bottle
- 2 Quarts of either water, apple juice, iced tea, Crystal light, or diluted Gatorade (1 quart Gatorade and 1 quart water)--**NO RED OR PURPLE COLORS**

## 7 DAYS BEFORE YOUR PROCEDURE:

- **Do NOT take aspirin or anti-inflammatory medications such as Advil, Aleve, Excedrin, Ibuprofen, Motrin, Nuprin, etc.** unless otherwise directed by your physician.
- You **may** take Tylenol or Acetaminophen if necessary.
- Do **Not** eat any seeds, nuts or whole grain breads ( 7 days before your procedure ).

## ON THE DAY BEFORE YOUR COLONOSCOPY:

- **Drink only clear liquids all day---about one 8 ounce glass every hour.**
- **Do NOT eat any solid food or dairy products.**
- You **can have** any of the following as long as they are **NOT RED OR PURPLE colored.**
  - Clear juices **without** pulp: apple, white grape, lemonade, white cranberry
  - Water, clear soda (7-Up, Sprite, ginger-ale...No cola), Gatorade, Powerade, plain Jell-O, ice popsicles
  - Iced or hot coffee or tea (without milk or non-dairy creamer) Any type of sweetener is ok.
  - For meals, please drink clear broth or bouillon ( chicken, beef, or vegetable)
- **At 5 PM** take four (4) Dulcolax oral laxative tablets with an 8 ounce glass of water
- **Next, mix** the entire bottle of **Miralax** with **2 Quarts of any of the following: water, apple juice, iced tea, or diluted Gatorade.** Stir until dissolved and refrigerate.
- **At 8 PM** drink 1 quart of the mixture --- one 8 ounce glass every 30 minutes, for a total of four 8 ounce glasses. Refrigerate the remaining quart.
- **If your procedure is scheduled BEFORE 10:30 AM**--- drink the remaining quart of mixture---one 8 ounce glass every 30 minutes **immediately** after the first quart is finished. **Continue drinking clear liquids after finishing your bowel prep.** Do **not** have anything to eat or drink, not even water **after 2:00 AM** (day of procedure).

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- **If your procedure is scheduled AT 10:30 AM or LATER**--- drink the remaining quart of mixture --- one 8 ounce glass every 30 minutes **at 5:00 AM** (day of procedure). **Continue drinking clear liquids after finishing your bowel prep.** Do **not** have anything to eat or drink, not even water **after 7:00 AM** (day of procedure).

**OVER→**

**Pre-Op Testing:**

- If the doctor has requested you to obtain any special testing or pre-procedure clearance prior to the procedure, follow up with our office to make sure we have received the results. **Failure to do so may result in you not being able to receive anesthesia.**
- Testing requested: \_\_\_\_\_ EKG \_\_\_\_\_ CBC \_\_\_\_\_ Comp. Met. Panel

**YOUR PROCEDURE IS SCHEDULED AT:**

**Princeton Endoscopy Center, LLC, First Floor  
Princeton Plaza, 731 Alexander Rd, Princeton  
Telephone : 609-452-1111  
Parking & Entrance are at the rear of the building**

**University Medical Center at Princeton  
Go directly to the 3<sup>rd</sup> floor Surgical waiting  
room**

**ON THE DAY OF THE PROCEDURE:**

- Be sure to bring your insurance card and PHOTO ID
- Bring a referral for the facility, if your insurance plan requires one
- Someone **MUST** drive you to and from your appointment as you will be receiving sedation which impairs your ability to drive an automobile.
- You may take a taxi **ONLY if you are accompanied by an escort over the age of 18.** The taxi driver is **NOT** an acceptable escort.
- **DO NOT** drive for the entire day
- **NO gum, NO mints, NO cough drops within 6 hours of your arrival time.**
- Please brush your teeth the morning of the procedure: rinse and spit.

\_\_\_\_ **If you usually take blood pressure or cardiac medication: take it AS USUAL, at least 4 hours before the arrival time with a small sip of water.**

\_\_\_\_ **Please do NOT take your LASIX/furosemide/BUMEX on the days of your preparation and your procedure.**

**If you are diabetic:**

\_\_\_\_ Obtain specific insulin instructions for the day of the prep and the day of the procedure from your primary doctor or endocrinologist.

\_\_\_\_ Do **not** take your oral diabetic medications the morning of the procedure. You will receive specific instructions about when to take it when you are discharged from the Endoscopy Facility.

**If you take Coumadin or Plavix or Aspirin:**

\_\_\_\_ You should **not** take Coumadin for \_\_\_\_\_ days before the procedure unless you are otherwise instructed.

\_\_\_\_ You should **not** take Plavix for \_\_\_\_\_ days before the procedure unless you are otherwise instructed.

\_\_\_\_ You should continue to take your aspirin unless otherwise instructed.

\_\_\_\_ Day of procedure, take all of your vitamins and supplements **AFTER THE PROCEDURE.**

\_\_\_\_ Day of procedure, you can **take** your asthma medication(s) also please **bring** your asthma medication(s) to the Endoscopy Center / Hospital.

The procedure generally takes about **20 minutes**, but you should plan on being present for about **1 1/2- 2 hours**.

Nurse's Notes: \_\_\_\_\_

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