

Colonoscopy: How To Prepare Before Your Procedure (Miralax)

PROCEDURE DATE: _____

PROCEDURE TIME: _____

PLEASE ARRIVE AT: _____

LOCATION OF YOUR PROCEDURE:

New York-Presbyterian Hospital, Endoscopy Suite, 525 East 68 Street, Greenberg Floor 2

Center for Specialty Care, 50 East 69 Street (Park and Madison Avenues). Tel: 212-249-8000

PURCHASING THE PREP, Before your colonoscopy, you will need to buy the following prep items:

- Over-the-counter bottle of Miralax (238 grams)-powder
- Over-the-counter laxative, called Dulcolax laxative (NOT the stool softener type)-pills
- Over-the-counter laxative, called magnesium citrate (10 oz)-liquid. Do NOT purchase a red-colored magnesium citrate (only clear lemon, clear cherry or clear grape)

IMPORTANT MEDICATION INSTRUCTIONS → 7-10 DAYS BEFORE YOUR PROCEDURE



- **If you are taking any anti-platelet medications**, such as clopidogrel (Plavix) or ticlopidine (Ticlid), or any blood-thinning medications, such as warfarin (Coumadin), please let us know. Depending on your clinical situation, we may advise you to stop these medications for 1 to 10 days before your procedure. We will need to consult your cardiologist or prescribing physician to make this recommendation. Please do NOT stop your medications before we are able to consult your cardiologist or prescribing physician and advise you.
- **If you are taking aspirin or ibuprofen**, please let us know. Depending on your personal clinical situation, you may need to stop these medications 5 to 7 days before your procedure. If you need to take a pain reliever within 5 days before your procedure, please use acetaminophen (Tylenol).
- **Beginning 5 days before your procedure**, please avoid taking iron supplements (or multi-vitamin containing iron); or Vitamin E, Fish Oil/Omega 3, black cohosh, ginseng, ginkgo biloba, St. John's wort, or other herbal preparations until after your procedure. Vitamin D and calcium are fine to continue
- **Beginning 5 days before your procedure**, please avoid foods with seeds (poppy, raspberries, strawberries, sunflower seeds), quinoa, corn and nuts.
- **If you have diabetes, hypertension, or are taking a daily medication**, please let us know so that we may advise you on whether or not you will need to stop your medication before your procedure. Please do NOT stop your medication before we are able to advise you.

THE DAY BEFORE YOUR PROCEDURE:

- On the day before your colonoscopy, you will need to follow a clear liquid diet from the time you wake **until 4 hours before your procedure** the next day. NO SOLID FOOD. Do not take liquids that are red or purple in color (see attached diet information). Please stop drinking completely 4 hours before the procedure.
- **At 5:00pm** the day before your procedure, you will need to take **2 Dulcolax laxative tablets** with 8 oz of water or other clear liquid (not red or purple in color)
- **At 5:30pm**, add the **entire** 238-gram bottle of **Miralax** into a large pitcher, and fill the pitcher with at least 64 oz (2 liters) of clear liquid (not red or purple in color) and mix the solution.
- **Drink 8 oz every 10 to 15 minutes** until the solution is finished.
- It is important that you **finish the entire prep** to make sure the colon is cleansed. If you feel nauseous, stop until the feeling is resolved, then continue the prep.
- Although it varies from person to person, you will begin having liquid stools usually around 2 hours after you have taken the prep. The diarrhea often lasts for about 4 to 5 hours, or until the colon is empty.
- Because of the frequent stools, irritation of the anal area may occur. To minimize this discomfort, use soft toilet paper and apply petroleum jelly to the area as soon as the diarrhea begins.

THE DAY OF YOUR PROCEDURE:

- Six hours before your procedure, please drink the **10-oz bottle of magnesium citrate** along with 8 oz of water (mixed or separately). This should **NOT** be the red-colored magnesium citrate. (clear lemon, clear cherry or clear grape)-may be able to be refrigerated. **Must be 6 hours before procedure regardless of procedure time-ensures prep is adequate**
- **Please stop drinking completely 4 hours before your procedure time. This includes gum and candy in the mouth.**

SPECIAL INSTRUCTIONS:

Important

Due to hospital policy, you must have someone pick you up and escort you home after your procedure *The hospital will not begin the procedure until this arrangement has been made.*

- We estimate you should be ready to be picked up approximately 1.5-2 hours from your scheduled procedure time. Please provide facility contact number to your escort for any delay information.
- You will **NOT** be able to drive or operate machinery until the next morning.

If you have any questions about the prep instructions,
Please call **The Jay Monahan Center at 212-746-4014**