

MIRALAX PREPARATION FOR COLONOSCOPY

PURCHASE:

1. One 238 gram bottle of Miralax (available over-the-counter at your local pharmacy)
2. 4 Dulcolax tablets (over the counter)
3. 64 oz. of any clear liquid from the grocery store (clear liquids include: iced tea, apple juice, white grape juice, white cranberry juice, ginger ale, Sprite, 7-up, or Gatorade. No purple or red juices. (64 oz. is equivalent to two quarts) plus extra liquids for hydration

ONE DAY BEFORE PROCEDURE:

You may have a normal diet before noon, with an exception of raw fruit and vegetables.

Starting at 12 noon , you will start a clear liquid diet and you will remain on clear liquids. Clear liquids also include- water, clear soups (beef, chicken, or vegetable broth), Jell-O (not red), ice pops, fruit juices, tea, and the other liquids listed above. NO COFFEE.

AT 5:00: (OR EARLIER)

Mix the 238 gram bottle of Miralax in 64 oz. of a clear liquid and shake the solution until dissolved. Drink an 8 oz. glass every 10 - 15 minutes until the solution is gone. Follow up with clear liquids to hydrate

AT 7:00:

Take 4 Dulcolax tablets with an 8 oz. glass of water.

DAY OF THE PROCEDURE:

Nothing to eat or drink for 4 hours prior to your exam.

DATE AND TIME :

**Carnegie Hill Endoscopy
1516 Lexington Avenue
between 97 & 98th Streets**

NOTE:

YOU WILL BE SEDATED FOR THIS EXAM. THERE IS NO DRIVING AFTER YOUR PROCEDURE. SOMEONE MUST ACCOMPANY YOU HOME. THIS IS A REQUIREMENT.

PLEASE BE ADVISED THAT YOU MAY INCUR AN ADDITIONAL FACILITY FEE FOR PROCEDURES PERFORMED AT THE HOSPITAL OR CARNEGIE HILL ENDOSCOPY. FOR BILLING INQUIRIES CALL THE NUMBERS PROVIDED. IF TISSUE BIOPSIES OR POLYP REMOVAL IS OBTAINED, YOU WILL RECEIVE A SEPARATE PATHOLOGY FEE