



# Langone Medical Center

## Trinity Center

### COLONOSCOPY PREPARATION: MIRALAX® + DULCOLAX® TABLETS

#### PURCHASE:

- Bisacodyl (Dulcolax®) 4 tablets
- Miralax® 255 gram bottle
- Gatorade® 64 ounces (NOT RED or PURPLE) or Snapple® 64 ounces (Diet Snapple® if diabetic)

#### ONE DAY BEFORE THE PROCEDURE:

- Drink only clear liquids for breakfast, lunch, and dinner. Solid food is **not allowed**. Milk or dairy products are **not allowed**.
- Clear liquid are those you can see through eg: water, tea, coffee, clear broth, apple juice (strained), white grape juice, white cranberry juice, lemonade, jello (no red or purple), Gatorade (no red or purple), plain ice pops (no red or purple).
- Drink at least 4, 8-ounce clear liquids for breakfast and lunch.
- At 3:00 PM, take Bisacodyl (Dulcolax®) 4 tablets by mouth with an 8 ounce glass of water.
- Drink an additional 8 glasses of clear fluids (water, ginger ale) after taking the laxatives to help clean out the colon.
- At 5:00 PM, mix Miralax® 255 gram in 64-ounces of Gatorade® or Snapple®. Shake the solution until the Miralax® is dissolved. Drink 6 (six) 8-ounce glasses every 10-15 minutes. Save 2 (two) 8-ounce glasses of the Miralax® for the morning of the procedure: **Four hours before procedure, 15 minutes apart**. Continue fasting until after the procedure is completed.

\* You may NOT have anything drink after midnight except for certain medications, and the rest of prep in the morning. Please follow the exact instruction you were given regarding which medications to take on the day of the procedure. IF you are DIABETIC- do NOT take diabetic medications the day before or day of the procedure.

#### GENERAL INFORMATION:

If you have any questions or concerns, please call Dr. Janec's office and speak with the nurse: (212) 263-9700.