

Ulster Gastroenterology, PLLC
Ulster Endoscopy Care, PLLC
301 Hurley Ave, Kingston NY 12401
Reham El-Shaer, MD
(845) 309-7597
EZ2GO Bowel Prep

Patients Name _____

Date _____

Arrival Time _____

This prep includes:(1) Bottle (238g) of Polyethylene Glycol (Miralax)
(1) Packet of Magnesium Citrate
(1) Packet with (4) Bisacodyl pills (Dulcolax)
(1) Packet with (1) Simethicone tablet (GasX) -optional

It is recommended to start your prep in the morning the day BEFORE your procedure, do not start your prep any later than 3pm.

Avoid anything Red and Purple.

All prepping must be completed by 10PM.

DO NOT have ANYTHING after midnight!

Step 1: Take 2 Dulcolax pills.

Step 2: Mix the Miralax in a 64 ounce bottle of any clear liquid at room temperature.
Drink over a course of 1-5 hours.

Step 3: Take the remaining 2 Dulcolax pills.

Step 4: Mix the Magnesium Citrate into 10 ounces of any clear liquid at room temperature.
Drink when completely dissolved. DO NOT use plastic ware or carbonated drinks.

**If you are having any cramping or gas you can take the Simethicone tablet (yellow/gold packet).

**Once completed the prep may take 6-8 hours to work.

**If you get nauseous you may stop and take a break, try drinking some Ginger Ale.

Colonoscopy Patient Instructions

Within one week of your colonoscopy

The following medications usually need to be stopped:

Iron supplements, vitamins containing iron, Vitamin E and fiber supplements

3 days before your colonoscopy

Please check with your prescribing physician about stopping these medications;

Coumadin (warfarin), Plavix (clopidogrel), Ticlid (ticlopidine), Pradaxa, and any Other blood thinning medications except aspirin.

2 days before your colonoscopy

Stop eating raw fruits, vegetables, seeds and nuts. Canned fruit and cooked vegetables are fine.

The day before your colonoscopy

Start clear liquids in the am. You may eat the following up until 12 pm; Eggs, pudding yogurt, cheese, ice cream, white bread, white pasta. After 12pm, nothing more to eat. Only clear liquids for the rest of the day. Start your prep no later than 3pm. Follow your particular prep instructions.

Clear liquids include-Water, broths, bullions, coffee, tea, strained juices such as apple, white grape, orange, lemonade, Jell-o, gatorade, ice pops, crystal light, any kind of tea. Avoid milk or non-dairy creamer and anything colored red or purple, or anything carbonated.

Drink as much fluids as you can to keep yourself hydrated, and stay as active as you can to expedite the prep process.

NOTHING after MIDNIGHT!

The morning of your colonoscopy

You may take any blood pressure or heart medications with a sip of water.

If your Blood pressure medication is an ACE INHIBITOR, DO NOT TAKE.

No driving yourself home from your colonoscopy. You MUST have a driver to sign you out. Taxis are NOT allowed. No driving until the next day. We do have the number for a program called "Neighbor to Neighbor" which will provide a ride and driver for patients over 65 years of age that have office or procedure appointments. They need to be contacted 10-14 days prior to your medical appointment to make arrangements. You can contact them at (845)443-8837.

Check your blood sugar, if it's higher than 250, take half dose of insulin, if lower than 250, do not take your insulin. Female patients between the ages of 14-55 will be asked to complete a urine pregnancy test at the facility before receiving sedation.