

Ulster Gastroenterology, PLLC  
Ulster Endoscopy Care, PLLC  
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### Miralax Bowel Prep

Patients Name \_\_\_\_\_

Date \_\_\_\_\_ Arrival Time \_\_\_\_\_

- When you start your prep take 2 Dulcolax laxative pills with a full glass of water.
- After 1 hour mix the entire 238 grams of Miralax into 64 oz of a clear liquid (water, juice, Gatorade) and mix well.
- Begin drinking one 8 ounce glass every 20 – 30 minutes until half the mixture is gone.
- Wait about 2 more hours then resume drinking the mixture. One 8 ounce glass every 20 – 30 minutes until the mixture is gone, and take 2 more tabs of Dulcolax
- You may continue your clear liquid diet until midnight. **NOTHING** BY MOUTH AFTER MIDNIGHT.
- If you take morning heart, or blood pressure medications, you may take them the morning of your colonoscopy with water.
- You **MUST** have a ride home from your colonoscopy. Taxis are **NOT** allowed.

For this bowel prep you need to buy over the counter the following medications:  
Dulcolax laxatives (you need 4 pills)  
Miralax 238 grams

## **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 (ticloipdine), Pradaxa, and any

Other blood thinning medications except aspirin.

2 days before your colonoscopy

Stop eating raw fruits and 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, bouillions, 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.

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 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.

Thank-you

Reham El-Shaer, MD