

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

### **Intense Miralax Bowel Prep**

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

Date \_\_\_\_\_

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

- When you start the 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. Take 2 more Dulcolax tabs.
- After 3 hours drink one 10 ounce bottle of Magnesium Citrate with two 8 ounces of water.
- You may continue your clear liquid diet until midnight. **NOTHING BY MOUTH AFTER MIDNIGHT.**

For this bowel prep you need to buy over the counter the following medications:  
Dulcolax laxatives (you need 4 pills)  
Miralax 238 grams  
Magnesium Citrate 10 ounces

## 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.

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