

ADVANCED GASTROENTEROLOGY & ENDOSCOPY, P.C.

Ali S. Karakurum, MD, FACP, FACG
70 N. Country Rd., Suite 201
Port Jefferson, NY 11777

631-331-0200

1-888-GASTRO-1

MIRALAX/GATORADE PREPARATION FOR COLONOSCOPY

You will need to purchase (all over the counter, no prescription needed)

- 1) 238 g bottle of Miralax (powder)
- 2) 64 oz. bottle of Gatorade (EXCEPT FOR RED COLOR) or Diet Ice Tea
- 3) 4 Dulcolax tablets.

Date of procedure: _____

Location: John T. Mather St. Charles Office

NOTE: Avoid Aspirin & products such as Advil, Aleve, Motrin, Vioxx, Celebrex and blood thinning medications such as Coumadin, Plavix & Vitamin E for **ONE WEEK** prior to the procedure. **ONLY TYLENOL IS ALLOWED.**

DAY BEFORE THE PROCEDURE:

1. You may have a light breakfast but drink only clear liquids for lunch and dinner. Clear liquids include water, black coffee, tea, clear fruit juices (without pulp) including apple, orange, white grape or white cranberry, limeade or lemonade, meat broth or bouillon, carbonated beverages, gelatin desserts without added fruit or topping (no red, purple, or blue), ice popsicles (not red, blue or purple) and hard candy. Solid foods, milk/milk products or non-dairy creamers are not allowed.
2. At 6:00 PM (or earlier if possible), mix the entire bottle of Miralax into the bottle of Gatorade OR ice tea. Make sure it is fully dissolved.
3. Begin drinking the Gatorade or ice tea mix, at a rate of one 8 oz. glass every 10 to 15 minutes until the solution is finished.
4. Once finished drinking, take all four Dulcolax pills at once with water. Continue to drink as much water as possible until bedtime. **NO FURTHER FOOD OR LIQUID AFTER MIDNIGHT.**
5. Please call the day before your procedure to confirm the time you are to arrive at your procedure location. If you are scheduled on a Monday call the hospital on the Friday before.

John T. Mather Procedures: call **631-476-2717** between 3:00PM-6:00PM

St. Charles Hospital Procedures: call **631-474-6285** between 4:00PM-6:00PM

Office Procedures: call **631-331-0200** between 10:00AM-4:00PM

DAY OF THE PROCEDURE:

1. A friend or relative must drive you home after the procedure. You will not be able to drive for at least 8 hours. If you have any questions, please call the office at (631) 331-0200.

PLEASE REFRAIN FROM SMOKING ON THE DAY OF THE PROCEDURE AND REMOVE ALL VALUABLES PRIOR TO COMING IN.