

# PREPARING FOR YOUR COLONOSCOPY

Dulcolax plus Miralax 64 oz Prep

PRINCETON GASTROENTEROLOGY ASSOC. PA

To Schedule Call # 609-924-1422

Fax# 609-924-7473

Purchase the following **OVER THE COUNTER** products for your bowel prep:

- **Dulcolax Laxative Tablets** (NOT the suppositories or stool softeners)
- **Miralax Laxative Powder** 238 gram bottle

## 7 DAYS BEFORE YOUR PROCEDURE:

- **Do NOT take anti-inflammatory medications such as Advil, Aleve, Excedrin, Ibuprofen, Motrin, Nuprin, etc.** unless otherwise directed by your physician.
- You **may** take Tylenol or Acetaminophen if necessary.
- Do **NOT** eat any seeds, nuts, corn or whole grain breads with visible nuts/seeds for 7 days before your procedure.

## ON THE DAY BEFORE YOUR COLONOSCOPY:

- **Drink only CLEAR liquids all day.**
- **Drink CLEAR broth or bouillon ( chicken, beef, or vegetable) for meals & throughout the day**
- **Do NOT eat any solid food or dairy products – no milk, orange juice or creamy foods.**
- You **can have** any of the following **clear liquids** as long as they are **NOT RED OR PURPLE colored.**
  - Clear juices **without** pulp: apple, white grape, lemonade, white cranberry, lime
  - Clear Ensure or clear Pedialyte.
  - Water, clear soda (Sprite, cola, ginger-ale), Gatorade, Powerade, Jell-O (no fruit), ice popsicles
  - Iced or hot coffee or tea (without milk or non-dairy creamer). Any type of sweetener is ok.
- **At 5 PM** take four (4) Dulcolax oral laxative tablets with an 8 ounce glass of water
- **Next, mix** the entire bottle of **Miralax** with **2 Quarts of any of the following: water, apple juice, iced tea, or diluted Gatorade.** Stir until dissolved and refrigerate.

\*\*\*\*\* **If your procedure is scheduled BEFORE 10:30 AM:** \*\*\*\*\*

-At 7 PM drink one quart of the mixture at a rate of one 8 ounce glass **every 30 minutes**, for a total of 4 glasses.

\_\_\_ 7PM      \_\_\_ 7:30PM      \_\_\_ 8PM      \_\_\_ 8:30PM

-At 10 PM drink the remaining quart of the mixture at a rate of one 8 oz glass **every 30 minutes**, for 4 more glasses.

\_\_\_ 10PM      \_\_\_ 10:30PM      \_\_\_ 11PM      \_\_\_ 11:30PM

Drink a few more glasses of any clear liquids if you are not clear by 12AM MIDNIGHT.

Do **not** have anything to eat or drink, not even water **after 2:00 AM** (day of procedure).

\*\*\*\*\* **If your procedure is scheduled AT 10:30 AM or LATER:**\*\*\*\*\*

-At 7PM drink one quart of the mixture – one 8 ounce glass **every 30 minutes**, for a total of 4 glasses. You may use any of the “clear liquids” mentioned above.

\_\_\_ 7PM      \_\_\_ 7:30PM      \_\_\_ 8PM      \_\_\_ 8:30PM

-At 5AM (the morning of the procedure) drink the remaining quart of the mixture – one 8 oz glass **every 30 minutes**, for 4 more glasses.

\_\_\_ 5AM      \_\_\_ 5:30AM      \_\_\_ 6AM      \_\_\_ 6:30AM

Do **not** have anything to eat or drink, not even water **after 7:00 AM** (morning of the procedure).

OVER→

**YOUR PROCEDURE IS SCHEDULED AT:**

Princeton Endoscopy Center, Suite 104  
Princeton Plaza, Suite # 104, 731 Alexander Rd,  
Princeton, NJ 08540  
Tel: 609-452-1111  
Parking & Entrance are at the rear of the building

University Medical Center at Princeton-Plainsboro  
Medical Arts Pavilion, 5 Plainsboro Road, 2<sup>nd</sup> Fl.  
Plainsboro, NJ 08536  
609-853-7500

**ON THE DAY OF THE PROCEDURE:**

- Check in either at the **PRINCETON ENDOSCOPY CENTER SUITE 104**, (not the Princeton Gastroenterology office), or the **MAP building** at the University Medical Center at Princeton-Plainsboro.
- Be sure to bring your insurance card and PHOTO ID
- Bring a referral for the facility, if your insurance plan requires one
- **DO NOT DRIVE for the entire day.** Someone **MUST** drive you to and from your appointment as you will be receiving sedation which impairs your ability to drive an automobile.
- You may take a taxi **ONLY if you are accompanied by an escort over the age of 18.** The taxi driver is **NOT** an acceptable escort.
- **NO gum, NO mints, NO cough drops within 6 hours of your arrival time.**
- Please brush your teeth the morning of the procedure: rinse and spit.
- Do NOT wear your contact lenses on the morning of the procedure.
- Please bring the completed forms (2 page questionnaire and medication reconciliation) to the Princeton Endoscopy Center. (If your procedure is at the hospital, bring your completed medication form).

**Please take all of your usual medications including your blood pressure and heart medication upon awakening with a SMALL sip of water, except for medications you were specifically told to stop.**

**If you are diabetic:**

\_\_\_\_\_ Obtain specific insulin instructions for the day of the prep and the day of the procedure from your primary doctor or endocrinologist.

\_\_\_\_\_ Do **NOT** take your oral diabetic medications the morning of the procedure. You will receive specific instructions about when to take it when you are discharged from the Endoscopy Facility.

**If you take Coumadin (Warfarin), Effient, Plavix (Clopidogrel), Pradaxa, Xarelto or Aspirin:**

\_\_\_\_\_ You should **NOT** take \_\_\_\_\_ for \_\_\_\_\_ days before the procedure unless you are otherwise instructed.

\_\_\_\_\_ You should continue to take your aspirin unless otherwise instructed.

\_\_\_\_\_ You can **take** your asthma medication AND please **bring** your asthma medication to your procedure.

\_\_\_\_\_ Day of procedure, take vitamins and supplements AFTER the procedure.

The procedure generally takes about **40 minutes**, but you should plan on being present for about **1 ½- 2 hours**.

**\*\*\*If you have questions, please read the "FAQs about colonoscopy" on our website @ [www.princetongi.com](http://www.princetongi.com).**

Nurse's Notes: \_\_\_\_\_

\_\_\_\_\_