



GASTROENTEROLOGY  
CENTER of NEW YORK

## MIRALAX BOWEL PREP

### East Side Endoscopy

380 2<sup>nd</sup> Avenue  
Concourse A (lower level)  
Between 21<sup>st</sup> & 22<sup>nd</sup> Street  
New York, NY 10010  
(212) 375-1065

YOU ARE SCHEDULED TO HAVE A COLONOSCOPY ON \_\_\_\_\_

YOUR ARRIVAL TIME IS \_\_\_\_\_ WITH DR. RUBINOV

Telephone number to your Physician (718) 210-2960

#### PURCHASE AT THE PHARMACY:

1. Two (2) 5mg Dulcolax Laxative Tablets (bisacodyl – generic name)
2. One (1) 238gm bottle of Miralax Powder (Polyethylene glycol 3350)
3. 64 ounces of any clear liquid of your choice (**NO red/purple**). I.E. Gatorade or Crystal Light

#### MEDICATIONS:

##### PLEASE DO NOT TAKE:

<b>15 DAYS PRIOR TO EXAM:</b>	If you are on a GLP-1 agonist (Ozempic, Wegovy, Trulicity, Mounjaro, Saxenda, Victoza, Rybelsus, and Byetta); please hold for minimum of 2 dosing intervals (should be held for a minimum of 15 days. Contact prescribing physician to manage care during this time if taken for diabetes.
<b>7 DAYS PRIOR TO EXAM:</b>	Effient, Ibuprofen (Advil, Motrin/Aleve)
<b>5 DAYS PRIOR TO EXAM:</b>	Brillinta, Coumadin, Plavix
<b>3 DAYS PRIOR TO EXAM:</b>	Artrixa NO ILLICIT DRUGS (Cocaine, methamphetamines, etc.)
<b>2 DAYS PRIOR TO EXAM:</b>	Persantine
<b>1 DAY PRIOR TO EXAM:</b>	Xarelto, Eliquis, Pradaxa, Lovenox, Fragmin, Innohep, NO Marijuana, Alcoholic beverages
<b>1 DAY PRIOR TO EXAM:</b>	Oral diabetic medications (i.e Metformin, Glucophage etc.)
<b>MORNING OF EXAM</b>	Do not take insulin

- You may also wish to discuss the risks and benefits of temporarily discontinuing these medications with your family physician or cardiologist.

##### PLEASE TAKE:

<b>1 DAY PRIOR</b>	If you are on an Aspirin regimen; please continue it prior to your exam
<b>1 DAY PRIOR</b>	If you use insulin; give yourself ½ the units (The procedure will be canceled if your blood glucose is over 300.
<b>MORNING OF EXAM</b>	Please continue to take medication for heart disease, high blood pressure or seizures on the morning of your exam with a small sip of water

#### THREE DAYS BEFORE COLONOSCOPY:

\*NO BEANS, NUTS, SEEDS, QUINOA OR CORN\*

#### ONE DAY PRIOR TO COLONOSCOPY:

1. You are allowed to eat a low residue meal for breakfast (soft food diet), completed by 10AM  
Example: eggs (**NO fried**), cereals (*except whole grain and barley*), white or seedless rye toast with butter or margarine, bananas, applesauce, peaches & pears without skin, juice without pulp, coffee, tea, etc.



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2. Following the soft food diet for breakfast **NO SOLID FOOD! ONLY CLEAR LIQUIDS FOR THE REST OF DAY!** (Examples of clear liquids: *apple juice, white grape juice, broth of any kind, ices (that melt into clear liquids), coffee/tea (no milk), Jell-o, clear juice/soda (no red/purple)*. **PLEASE AVOID RED/PURPLE COLORS. NO ALCOHOLIC BEVERAGES**)
3. 05:00 pm – Take 2 Dulcolax tablets with 8 ounces of clear liquid
4. Mix the powder from the 238 gram bottle of Miralax powder with 64 ounces of any clear liquid (examples include apple juice, water, sports drinks including Gatorade and other lower calorie options. *Again, please avoid those clear liquids that are red or purple in color*). Stir thoroughly.
5. Beginning at **05:00 PM** - drink an **8 ounce glass of the solution** every **15-20 minutes** until you have drank 32 ounces (**half of the solution/or four 8oz glasses of the solution**). The goal is to drink the fluid within 60-90 minutes.
6. Remain close to toilet facilities.
7. You may not have a bowel movement or many bowel movements after taking the first ½ of the Miralax solution. This does not mean the preparation is not working.
8.  **9:00 PM (For procedures scheduled from 6:00 AM to 12:30 PM)**  
 **6:00 AM (For procedures scheduled from 1:00 PM to 4:00 PM)**  
- Drink an **8-ounce glass of the solution** every **15-20 minutes** until you have drunk the rest of the 32 ounces (**the rest of the solution**)
9. As a reminder, please continue to **ONLY CONSUME CLEAR LIQUIDS (NO SOLID FOODS)**.
10. **You may continue your clear liquid diet until three (3) hours prior to your exam. After this you may not have anything to eat or drink including gum, candy/mints.**
11. You can expect to have frequent watery bowel movements for between 90 to 120 minutes after completing the Miralax Solution
12. The ideal “end result” is to have bowel movements that are clear of all debris and have a yellowish tinge.
13. It is important to take all of the Miralax solution so that the doctor will be able to see your entire colon clearly.
14. **YOU MUST HAVE AN ESCORT TO TAKE YOU HOME AFTER THE PROCEDURE. IF YOU DO NOT HAVE AN ESCORT, YOUR PROCEDURE WILL BE CANCELLED.**
15. ANY QUESTIONS REGARDING ANESTHESIA INCLUDING THE BILLING PLEASE CALL YORK ANESTHESIOLOGY AT 631-264-2035.
16. If for any reason you need to cancel your procedure, you must call at least 48 hours in advance to allow other patients to be scheduled for procedures. Cancellation fees may apply if you do not call to cancel and do not show for your procedure.
17. PLEASE CALL THE NURSES OFFICE AT (718) 210-2960 IF YOU HAVE ANY QUESTIONS