



**Gastroenterology, Hepatology and Endoscopy**

*American Board of Internal Medicine*

*Diplomate in Gastroenterology & Internal Medicine*

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**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Preparation for Colonoscopy with Miralax & Dulcolax**

You are scheduled for a Colonoscopy on \_\_\_\_\_ at \_\_\_\_\_.

**Note:** You will receive a call the day prior to the procedure to provide you with the appointment time.

**Purchase at the pharmacy:** 4 (four) Dulcolax 5mg tablets (Laxative) over the counter, a 238gram Miralax or generic.

**For one week prior to the procedure:** Do not take iron pills, diet pills or smoke marijuana

**Discuss** Coumadin and Plavix (clopidogrel) or any **other blood thinners** with your doctor to decide when these need to be stopped.

**One day before the procedure:**

1. Clear liquids diet (**all day**) from the time you wake up. (Clear liquids that you can take are the following: Clear bouillon, broth or consommé, tea, coffee, Kool-Aid, carbonated soda or water. Do not put any milk or cream in you tea or coffee. Juices including clear cranberry, white grape, and clear apple juice, strained lemonade, limeade, orange drink or any juices that you can see through and has no pulp. Also acceptable is water ices, Italian ices, popsicles, and you can have jello (**NO RED / PURPLE**).
2. Any time from 3pm to 6pm take the 4 Dulcolax tablets all at once.
3. Two hours after you have taken the 4 Dulcolax you will mix the 238gram bottle of Miralax into 64oz of Water or Crystal light. Mix the solution until the powder dissolves.
4. Drink an 8oz glass every 20 minutes until the solution is finish, you can drink faster if you like
5. Continue drinking clear liquids until bedtime if you wish.
6. No more drinking after midnight.

**On the day of the procedure:**

1. Do not eat or drink anything that day, unless the medicines approved by your doctor.
2. If you must take any medication, you may drink it with a small amount of water.
3. Please call # **305-674-5925 option 2** if you have any questions.
4. **NO DRIVING** You cannot drive; use a bus or taxi after the procedure by yourself. You must be accompanied by an adult. If this procedure is not followed, the hospital or endoscopy center may cancel your appointment.

**Patient Responsibility:** \_\_\_\_\_

**This is an estimated fee for just the doctor's service. You may have additional fees for the facility and laboratory**

Mount Sinai Medical Center  
Gummenick Building 1<sup>st</sup> floor  
4300 Alton Rd  
Miami Beach, FL 33140  
Phone# 305-674-2498

Aventura Hospital  
(Register on the 1<sup>st</sup> floor)  
20900 Biscayne Blvd  
Aventura, FL 33180  
Phone# 305-982-7000

Surgery Center of Aventura  
20601 East Dixie Highway  
Suite 400  
Aventura, FL 33180  
Phone# 305-792-0323

Baptist Endoscopy Center  
709 Alton Rd, Suite 130  
Miami Beach, FL 33139  
Phone# 786-204-4010