



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 _____. You must arrive by _____.

Note: If you have been scheduled at Surgery Center of Aventura, 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 and a 64oz. of water. If you are a diabetic on insulin, you should buy Crystal Light or other sugar free clear liquid instead of water.

Starting one week prior to the procedure: Do not take iron pills or medications that can cause bleeding. These include Aspirin, Ecotrin, and Alka-Seltzer. You must stop any anti-inflammatory-type drugs including Empirin, Bufferin, Ascriptin, Ibuprofen, Motrin, Advil, Medipren, Nuprin, Naproxen (Naproxyn), Sulindac, Clinoril, Piroxican, Feldene, Aleve, Indomethacin, Indocin, Diclofenac, Voltaren, Celebrex or diet pills with Phentermine. However, Tylenol and other brands of acetaminophen are safe to use prior to the procedure. Discuss Coumadin and Plavix with your doctor.

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, decaffeinated tea or coffee, Kool-Aid, carbonated beverages. 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 OR PURPLE**).
2. Any time from 12 noon until 3:00 pm take the 4 Dulcolax tablets at once.
3. Two hours after you have taken the 4 Dulcolax you will mix the 238grams bottle of Miralax into 64oz of Water. Shake the solution until the powder dissolves.
4. Drink an 8oz glass every 10-15 minutes until the solution is finish.
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 the **North Miami office at 305-692-6100 options #2 or Miami Beach office at 305-674-5925 options #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 st floor 4300 Alton Rd Miami Beach, FL 33140 Phone# 305-674-2498	Aventura Hospital (Register on the 1 st 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
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