Colonoscopy Preparation:
MiraLAX®-Split Dose
Please call the endoscopy nurse at 716-845-8546 or 716-845-1424 if you have questions.

Medication Instructions

- Please tell your nurse about all the medications you are taking. They will tell you what medications to take with a sip of water the morning of your procedure.
- If you take medication to treat or prevent blood clots, someone from the anesthesia dept. will review them.
- If your doctor gives you different instructions, ALWAYS follow your doctor’s instructions.

<table>
<thead>
<tr>
<th>7 days (1 week) before the procedure, stop taking:</th>
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<tbody>
<tr>
<td>vitamins, herbal medications, supplements</td>
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<table>
<thead>
<tr>
<th>3 days before the procedure, stop taking non-steroidal anti-inflammatory medications (NSAIDs) such as:</th>
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<tbody>
<tr>
<td>diclofenac (Voltaren®)</td>
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<tr>
<td>etodolac (Lodine®)</td>
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<tr>
<td>ibuprofen (Advil®/Motrin®)</td>
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<tr>
<td>ketoprofen</td>
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Bowel Preparation Medications

**Bowel preparation solution**: Purchase a 238 gram or 255 gram bottle of MiraLAX® - either size is fine. You will also need 4 laxative tablets - 5 milligram Dulcolax® (bisacodyl) tablets. Both are available without a prescription.

The Day Before Your Test

You will be on a clear liquid diet ALL day (see pages 3-4 for clear liquid diet suggestions)
<table>
<thead>
<tr>
<th>Time</th>
<th>What You Need to Do - The Day Before Your Procedure</th>
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</thead>
<tbody>
<tr>
<td>Early morning</td>
<td>Mix the bottle of MiraLAX® with 2 liters of water or any non-carbonated beverage and put it in the refrigerator</td>
</tr>
<tr>
<td>12 pm (noon)</td>
<td>Take 4 Dulcolax® laxative tablets and drink 2 large glasses of water</td>
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</table>
| 4 pm – 5 pm           | • Begin drinking the bowel prep solution. **Drink half of the solution (1 liter). This is one 8-ounce glass every 10-20 minutes.** Put the remaining half in the refrigerator for the next morning.  
                          • If you vomit, stop for 1 hour, and then begin drinking again. If this reoccurs and you feel you can’t complete the prep, STOP and call **716-845-1424.** Leave a message and we will contact you the next business day to reschedule your appointment with a different prep. |

<table>
<thead>
<tr>
<th>Time</th>
<th>Day Of Procedure</th>
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<tr>
<td>12 am (midnight)</td>
<td><strong>After midnight, do not eat or drink anything EXCEPT the remaining bowel prep and instructed medications with a small sip of water</strong></td>
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</table>
| Start 6 hours before your arrival time | **The morning of your procedure**  
Drink the remaining 1 liter of solution over 1 hour                                                                                   |

**Suggestions for a Clear Liquid Diet**  
Remember to avoid all red and purple colors.  
- Soft drinks (orange, ginger ale, cola, lemon/lime, etc.)
• Sports drinks (Gatorade or Powerade) or Kool-Aid
• Fruit juice **without** pulp (apple, lemonade, white cranberry, white grape) **NO** pulp.
• Popsicles/lemon ice (no sherbet, sorbet, or fruit bars)
• Water, flavored waters, tea or coffee (you can add sugar, but **NO milk or creamers**)
• Chicken, beef, vegetable broth or bouillon – **no added meats, noodles, or vegetables**
• Hard candy, Jell-O

**The Day of the Procedure – At Home**
• Take medications as instructed by the nurse or anesthesia.
• Remove all piercings and jewelry, including rings.
• Remove contact lenses.
• **Remember to come with a responsible driver who can take you home or your procedure will be cancelled.**
• If your driver is not present, we will call to verify your ride.
• If you are coming by medical transportation or a cab, you must have a responsible adult accompany you.

**The Day of the Procedure – At the Hospital**
• If you are a new patient, please stop at the Registration Desk in the Main Lobby. Please bring photo ID and insurance cards.
• Proceed to 3 West/Ambulatory Surgery Center on the third floor and check in with the receptionist.
• Be prepared to spend 3-4 hours at the hospital.

**After Your Procedure**
• Your doctor will discuss the results of the procedure with you after you are awake in the recovery room.
• You will be given discharge instructions explaining how to care for yourself at home and when to call the doctor.