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## **Miralax – Evening Before Prep**

\*Please remember to arrange for a responsible adult to accompany you home. If you do not have an adult escort your procedure will be cancelled and rescheduled. Taxis are not permitted.

Review the preparation schedule below for the days preceding your colonoscopy. Should you need further assistance please call 631-923-1420

### **1 Week Prior**

Purchase (over the counter)

2 tablets bisacodyl (Dulcolax laxative). These tablets must contain 5 mg of bisacodyl each. Do not use Dulcolax stool softener.

1 bottle of Miralax, 8.3 oz (238 grams)

64 oz Gatorade. No red liquids. Regular Gatorade or Gatorade G2 is acceptable. Refrigerate Gatorade if you wish to drink it cold. Do not substitute: the electrolytes in Gatorade are important for colon preparation. Do not use powdered Gatorade.

1 bottle (10 oz) of magnesium citrate

If you take fiber supplements or vitamins containing iron, please discontinue 5 days before your appointment.

If you have diabetes, please ask us for diet and medication instructions.

If you take aspirin, plavix, Coumadin, or other blood thinners, please discuss with Dr. Zinkin whether you should continue or discontinue these prior to your procedure.

### **3 Days Prior**

**Begin Low Fiber Diet** (No raw fruits or vegetables, no whole wheat or high fiber, no seeds, nuts or popcorn, no bran or bulking agents)

### **The Day Prior**

Upon awakening, begin a clear liquid diet. This includes water, clear broth or bouillon, coffee or tea, Gatorade, carbonated & non-carbonated soft drinks, Kool-Aid or other fruit-flavored drinks, strained fruit juices (no pulp), Jell-O, popsicles and hard candy. For lunch, you may have ice cream, a milkshake, or yogurt that does not contain seeds, nuts or anything solid. Otherwise, you should remain on clear liquids for the entire day.

### **NO RED LIQUIDS**

### **Miralax Instructions:**

At 12 noon: Take two (2) tablets of bisacodyl (Dulcolax)

Between 4 and 6 pm: Mix 1 bottle of Miralax (8.3 oz, 238 grams) with 64 oz of Gatorade in a large pitcher or bowl. Drink one 8 ounce glass of the solution and continue drinking one 8-oz glass every 15 minutes until the mixture is gone.

If you experience nausea or vomiting, rinse your mouth with water, take a 15- to 30- minute break and then continue drinking the prep solution.

Between 9 and 10 pm: Drink the 10 oz bottle of magnesium citrate.

### **On the procedure day**

You may drink clear liquids up to 4 hours before the procedure. You may take your morning medications with sips of water.

Leave your valuables at home.

Please arrange for a responsible driver to take you home. Taxis are not permitted.

Remember that no driving or work is permitted on the day of the procedure.