

<b>2 DAY COLONOSCOPY PREPARATION: MIRALAX EXTENDED</b>					
<b>PLEASE PURCHASE</b>	<ul style="list-style-type: none"> <li>• Over the counter at local pharmacy               <ul style="list-style-type: none"> <li>○ <b>Dulcolax (bisacodyl) 5 mg pills</b> (need 3 pills total)</li> <li>○ <b>Miralax 238 gram bottle x 2</b></li> <li>○ <b>Gatorade – 28 (or 32) oz bottles x3</b> (No Red, Purple or Orange Color)</li> </ul> </li> </ul>				
<b>7 DAYS BEFORE</b>	<ul style="list-style-type: none"> <li>• <b>Stop fiber supplements and iron supplements, including multivitamins</b></li> </ul>				
<b>4 DAYS BEFORE</b>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;"><b>Begin a LOW FIBER Diet including:</b></th> <th style="width: 50%;"><b>High Fiber Foods to AVOID:</b></th> </tr> </thead> <tbody> <tr> <td> <ul style="list-style-type: none"> <li>• White or sour dough bread</li> <li>• White Rice, Pasta</li> <li>• Eggs, Chicken, Turkey, Fish</li> <li>• Cheese, Yogurt, Milk, Ice Cream, Pudding</li> <li>• Canned or cooked fruit/vegetables without skin or peel (carrots, cucumbers, potatoes)</li> <li>• Pureed fruits/vegetables (smoothies, strained puree soups)</li> <li>• Creamy peanut or almond butter</li> </ul> </td> <td> <ul style="list-style-type: none"> <li>• Raw fruits/vegetables with seeds, skin, membranes</li> <li>• Cooked/canned fruit/vegetables with skin/seeds/peel</li> <li>• Whole wheat or multigrain bread or crackers</li> <li>• Nuts, Seeds</li> <li>• Popcorn</li> <li>• Oatmeal, bran cereal</li> <li>• Brown rice, quinoa</li> </ul> </td> </tr> </tbody> </table>	<b>Begin a LOW FIBER Diet including:</b>	<b>High Fiber Foods to AVOID:</b>	<ul style="list-style-type: none"> <li>• White or sour dough bread</li> <li>• White Rice, Pasta</li> <li>• Eggs, Chicken, Turkey, Fish</li> <li>• Cheese, Yogurt, Milk, Ice Cream, Pudding</li> <li>• Canned or cooked fruit/vegetables without skin or peel (carrots, cucumbers, potatoes)</li> <li>• Pureed fruits/vegetables (smoothies, strained puree soups)</li> <li>• Creamy peanut or almond butter</li> </ul>	<ul style="list-style-type: none"> <li>• Raw fruits/vegetables with seeds, skin, membranes</li> <li>• Cooked/canned fruit/vegetables with skin/seeds/peel</li> <li>• Whole wheat or multigrain bread or crackers</li> <li>• Nuts, Seeds</li> <li>• Popcorn</li> <li>• Oatmeal, bran cereal</li> <li>• Brown rice, quinoa</li> </ul>
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<b>1 DAY BEFORE</b>	<ul style="list-style-type: none"> <li>• <b>MORNING: Start a CLEAR LIQUID diet</b> <ul style="list-style-type: none"> <li>○ <b>Apple, White Grape, White Cranberry Juices without Pulp</b></li> <li>○ <b>Clear Soup/Broth</b></li> <li>○ <b>Tea or Black coffee (no milk/creamer)</b></li> <li>○ <b>Gatorade/Powerade (no red, purple or orange color)</b></li> <li>○ <b>Jello (no red, purple, or orange color)</b></li> <li>○ <b>Popsicles (no red, purple, or orange color)</b></li> </ul> </li> <li>• <b>6PM: Take Dulcolax 3 tablets with sips of water</b></li> <li>• <b>7PM:</b> <ul style="list-style-type: none"> <li>○ <b>Pour half of the Miralax container into Gatorade bottle #2 and half into the Gatorade bottle #3; shake until dissolved</b></li> <li>○ <b>Drink the second 28 (or 32) oz bottle of Miralax/Gatorade mix:</b></li> </ul> </li> </ul>				

	<p style="text-align: center;"><b>a cup every 15 minutes until completed</b></p> <ul style="list-style-type: none"> <li>○ <b>Put the third 28 (or 32) oz bottle in the refrigerator</b></li> <li>● Bowel movements should begin 1-2 hours after starting the Miralax/Gatorade mix but the effect can be delayed by up to 4-6 hours</li> </ul>
<b>DAY OF COLONOSCOPY</b>	
<b>5 HOURS BEFORE</b>	<ul style="list-style-type: none"> <li>● <b>Drink the third 28 (or 32) oz bottle of Miralax/Gatorade mix</b> <ul style="list-style-type: none"> <li>○ <b>A cup every 15 minutes until completed</b></li> </ul> </li> <li>● By the end of the cleanse your stool should be a clear liquid with yellow or green tinge</li> </ul>
<b>3 HOURS BEFORE</b>	<ul style="list-style-type: none"> <li>● <b>Stop drinking/eating clear liquids</b></li> <li>● Do not chew gum or mints</li> <li>● Take regular medications with a small sip of water the morning of your procedure unless otherwise instructed by your physician</li> </ul>
<b>30 MIN BEFORE</b>	<ul style="list-style-type: none"> <li>● <b>Arrive at endoscopy suite 30 MIN PRE PROCEDURE (no later)</b></li> <li>● Bring list of current medications including doses</li> <li>● Bring a Photo ID and Insurance Card</li> <li>● Bring any applicable Referrals</li> <li>● Please do not bring any valuables</li> </ul>

### GENERAL INSTRUCTIONS:

<b>URINE PREGNANCY TESTING</b>	<ul style="list-style-type: none"> <li>● If you are a premenopausal woman, you will need to submit a urine sample upon office check in</li> </ul>
<b>IF YOU HAVE DIABETES</b>	<ul style="list-style-type: none"> <li>● Contact your primary care doctor or endocrinologist for instructions regarding your medications</li> </ul>
<b>IF YOU TAKE MEDICATION TO THIN YOUR BLOOD</b>	<ul style="list-style-type: none"> <li>● Contact your gastroenterologist for further instructions at (212) 427-8761</li> <li>● Medications include but are not limited to: <ul style="list-style-type: none"> <li>○ Heparin, Lovenox, Warfarin (Coumadin), Rivaroxaban (Xarelto), Apixaban (Eliquis), Edoxaban (Lixiana, Savaysa), Betrixaban (Bevyxxa), Clopidigrel (Plavix), Prasugrel (Effient), Brilinta (Ticagrelor)</li> </ul> </li> </ul>
<b>IF YOU TAKE WEIGHT LOSS MEDICATIONS</b>	<ul style="list-style-type: none"> <li>● Alert your GI provider to discuss holding your medication(s) prior to your procedure</li> </ul>
<b>IF YOU TAKE ASPIRIN OR BLOOD PRESSURE MEDICATIONS</b>	<ul style="list-style-type: none"> <li>● You may continue to take these medications</li> </ul>
<b>ESCORT</b>	<ul style="list-style-type: none"> <li>● Please ensure that you have an escort (responsible adult over the age of 18) to pick you up at the end of the procedure</li> </ul>