

# MICHAEL C. BRAUNSTEIN, M.D.

GASTROENTEROLOGY

566 Broadway  
Massapequa, NY 11758  
(516) 795-7550

2920 Hempstead Tpke.  
Levittown, NY 11756  
(616) 796-8882

1111 Broadhollow Rd., Suite 205,  
Farmingdale, New York 11735  
(631) 226-6717

## REGULAR COLONOSCOPY PREPARATION

Please read both sides of these instructions the day you receive them

### Please purchase:

- 1 bottle of Miralax (polyethylene glycol); approximately 527g bottle (PRESCRIPTION or OTC)
- Three 32 oz bottles of Gatorade (not RED)
- 6 Dulcolax (Bisacodyl) tablets
- 1 Fleet's Enema (no mineral oil)

### The week before:

- Don't take alcohol, aspirin, anti-inflammatory or iron products for one week before or after the procedure.
- Don't take Coumadin for 5 days before. Don't take Plavix for 3 days before.
- Tylenol is fine.

### Two nights before:

- Take 2 dulcolax pills

### The day before:

- Start a clear liquid diet. NO SOLID FOODS!! You can have: tea, jello, apple juice, clear broth, ginger ale, crystal lite, water. NOTHING RED.

### The night before:

- Start some time between 3-7pm. Mix at least  $\frac{3}{4}$  bottle of Miralax with the 3 bottles of Gatorade in a big pitcher. Be sure it's well mixed. It can be diluted with water if it's too thick or too sweet. Drink one 8 oz. glass every 10-15 minutes, until it is finished. You may drink it more slowly if you are nauseous but you must **take additional Miralax** until your stool is completely clear.
- Take four Dulcolax pills with water after you've finished what's in the pitcher.
- In the evening, drink several bowls of clear broth (avoid fat), or several extra glasses of water or clear liquids in between doses of Miralax; the more the better!!
- You can use Vaseline or any other lubricant around the rectal area to minimize irritation.

**The morning of the procedure:**

- **DO NOT EAT OR DRINK ANYTHING THE DAY OF THE PROCEDURE!**
- Administer 1 Fleet Enema ½ hour before leaving for the office or hospital. You can skip the enema if you're sure you're completely cleaned out.
- Take all heart and blood pressure medications using only a sip of water.
- Diabetics should hold their diabetic medications the day before the test and the morning of the test. Be sure to closely monitor glucose at home during the preparation and morning of the procedure. Bring medications and inhalers with you, if needed.
- All patients except the first of the day should call before leaving his/her house to verify time. You may NOT drive home yourself or take a taxi. Someone must accompany you home after the procedure.

**IMPORTANT**

- 1. If you need to cancel or reschedule your appointment, call us 10 days in advance.**
- 2. Do not eat or drink anything the day of your procedure.**
- 3. Call the office before leaving your home on the day of the procedure, to confirm the time. (This does not apply if you are the first patient of the day.)**
- 4. You cannot drive yourself or take a taxi home, after the procedure. Someone must accompany you home after the procedure.**

**Date:** \_\_\_\_\_ **Day:** \_\_\_\_\_ **Time:** \_\_\_\_\_