

MICHAEL C. BRAUNSTEIN, MD PLLC
GASTROENTEROLOGY

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REGULAR COLONOSCOPY PREPARATION

Please read these instructions the day you receive them

Please purchase:

- 1 bottle of Miralax (polyethylene glycol); approximately 510g (E-Prescription or OTC)
- 4 28 oz bottles of Gatorade (not RED)
- 5 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

One 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 between 3-7 PM. Mix at least ¼ bottle (120 g) of Miralax in each 28 ounce bottle of Gatorade. 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 3 Dulcolax pills with water after you've finished the Gatorade and MiraLax.
- In the evening, drink 6-8 bowls of clear broth (chicken or vegetable broth, or wonton broth) between doses of Miralax; the more the better!!
- You can use Vaseline or any other lubricant around the rectal area to minimize irritation.

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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. You can skip the enema if you're sure you're completely cleaned out.
- Take all heart and blood pressure medications using only a little 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.
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- Anyone Taking Ozempic, Mounjaro, or Wegovy must discontinue this medication 2 weeks before anesthesia.
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- **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.)
- You **CANNOT DRIVE** yourself or take a taxi home, after the procedure. A responsible adult must accompany you home.
- If your procedure is scheduled after 1:00 PM, you can take a small amount of water or clear apple juice until 3 hours prior to the procedure.

If you need to cancel or reschedule your appointment, call us 10 days in advance.

Date: _____ Time: _____