



Gastroenterology, Hepatology and Endoscopy

American Board of Internal Medicine

Diplomate in Gastroenterology & Internal Medicine

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Name: _____ **Date:** _____

2 Days Preparation for Colonoscopy

You are scheduled for a Colonoscopy on _____ at _____. You must arrive by _____.

Facility may call you and change the arrival time

Purchase at the pharmacy: 4 (four) Dulcolax 5mg tablets (Laxative) over the counter, 7 packages of MiraLAX 17 grams **OR** 1 bottle of 119 grams, and **ALSO** a 238gram Miralax and a Gatorade 64oz. **(NO RED OR PURPLE)** or you can use water. If you are a diabetic on insulin, you should buy Crystal Light or other sugar free clear liquid instead of Gatorade.

Starting one week prior to the procedure: Do not take diet pills or smoke marijuana

Two days before the procedure:

- Begin a clear liquid diet for lunch and dinner on _____, 2 days before your procedure, and continue liquids the entire day.
- Mix 7 packages of MiraLAX (17 grams) or a bottle of 119 grams into 32 oz of water at 4:00 pm, 2 days before your procedure.
- Continues a clear liquid diet.

Clear liquids that you can take are the following: (A CLEAR LIQUID DIET MEANS NOTHING TO EAT)

Clear bouillon, broth or consommé, tea, coffee, decaffeinated tea or coffee, Kool-Aid, carbonated beverages. Do not put any milk or cream in your tea or coffee. Juices including clear cranberry, white grape, and clear apple juice, strained lemonade, limeade, any juices that you can see through and has no pulp. Also acceptable is water ices, Italian ices, popsicles, and you can have jello (NO Red or Purple).

One day before the procedure:

1. Clear liquids diet (all day) from the time you wake up.
2. Any time from 3:00 pm to 6:00 pm take the 4 Dulcolax tablets at once.
3. Two hours after you have taken the 4 Dulcolax you will mix the 238grams bottle of Miralax into the 64oz Gatorade. Mix the solution until the powder dissolves.
4. Drink an 8oz glass every 10-15 minutes until the solution is finish.
5. Continue drinking clear liquids until bedtime if you wish.
6. No more drinking after midnight.

On the day of the procedure:

1. Do not eat or drink anything that day, unless the medicines approved by your doctor.
2. If you must take any medication, you may drink it with a small amount of water. You should take your blood pressure pills.
3. Please call our office at 305-674-5925 ext. 2, if you have any questions.
4. **NO DRIVING** You cannot drive; use a bus or taxi after the procedure by yourself. You must be accompanied by an adult. If this procedure is not followed, the hospital or endoscopy center may cancel your appointment.

Patient Responsibility (PROFESSIONAL FEE ONLY) _____

This is an estimated fee for just the doctor's services. You may have additional fees for the facility and lab

Mount Sinai Medical Center
Gummenick Building 1st floor
4300 Alton Rd
Miami Beach, FL 33140
Phone# 305-674-2498

Aventura Hospital
(Register on the 1st floor)
20900 Biscayne Blvd
Aventura, FL 33180
Phone# 305-982-7000

Surgery Center of Aventura
20601 East Dixie Highway
Suite 400
Aventura, FL 33180
Phone# 305-792-0323

Baptist Endoscopy Center
709 Alton Rd, Suite 130
Miami Beach, FL 33139
Phone# 786-204-4010