



**Gastroenterology, Hepatology and Endoscopy**

*American Board of Internal Medicine*

*Diplomate in Gastroenterology & Internal Medicine*

**David Cohen, M.D.**

**Arin H. Newman, M.D.**

**Daniel Wolfson, M.D.**

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Preparation for Colonoscopy with Miralax & Dulcolax**

You are scheduled for a Colonoscopy on \_\_\_\_\_ at \_\_\_\_\_.

**Note:** The facility may call you to change arrival time

**Purchase at the pharmacy:** 4 (four) Dulcolax (Bisacodyl) 5mg tablets (**LAXATIVE**) over the counter, a 238gram Miralax . You will need 64 oz of water or if you prefer Crystal Light.

**One week prior to the procedure:** Please do not take any GLP1 receptor agonists such as Ozempic, Mounjauro, Rybelsis, Trulicity, Victoza or Bydureon. Do not take diet pills or smoke marijuana.

**If you don't follow the instructions, the anesthesiologist will cancel your procedure**

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 of the 5mg Dulcolax laxative tables** at once.
3. Two hours after you have taken the Dulcolax tablets you will mix the 238grams bottle of Miralax into the 64oz water or Crystal Light. Mix the solution until the powder dissolves.
4. Drink an 8oz glass every 20 minutes until the solution is finish, you can drink faster if you like
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 # **305-674-5925 options #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/pathology.**

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

Aventura Hospital  
(Register on the 1<sup>st</sup> 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