

Main Office
1672-1674
Sheepshead Bay Rd
Brooklyn, NY 11235
T- (718) 332 - 0600

Bushwick Office
129 St. Nicholas Ave
Brooklyn, NY 11237
T- (718) 821-0643

Endoscopy Center
214 Avenue P
(West 6th & 7th St)
Brooklyn, NY 11204
T- (718) 339 - 5678

**Mount Sinai
Hospital Brooklyn**
3201 Kings Hwy
Brooklyn, NY 11234
T- (718) 951 – 2801

**Maimonides
Medical Center**
1025 48th Street
Brooklyn, NY 11219
T- (718) 283-7055

**Wyckoff Heights
Medical Center**
374 Stockholm Street
Brooklyn, NY 11237
T- (718) 963-7272

Staten Island Office
2043 Richmond Avenue
Staten Island, NY 10314
T- (718) 987-1700

Bronx Office
3594 East Tremont
Ave, Suite#100 (LL)
Bronx, NY 10465
T- (718) 292 - 3822

Colonoscopy – MIRALAX Instructions

APPOINTMENT INFORMATION

Patient Name: _____

Date: _____

Time: _____

Cancellation Policy

Scheduling procedures requires careful planning between the staff, doctors, and facility. Please be compliant with and on-time for your appointment. If you must reschedule or cancel, please contact us at least **1 day prior to procedure**. Failure to do so will incur **A FEE OF \$100**. Thank you for your cooperation.

1 WEEK PRIOR

- Fill your prescription for Miralax 238 grams and 2 tablets of Bisacodyl (Dulcolax) at the pharmacy.
- Arrange for a driver to take you home on the day of the procedure.
- If you have diabetes, check with your doctor regarding diet and medication instructions.
- Avoid all seeds, popcorn, multigrain breads, high fiber vegetables, and fruits.
- Stop Fiber Supplements, Vitamin E, and Iron containing supplements (Example: Ferrous Sulfate)

Medications to be **DISCONTINUED**

- **All Blood thinners** should be discussed with your prescribing doctor. (Coumadin, Plavix, Eliquis, Effient, Brilinta, Xarelto, Arixtra, Lovenox, Pradaxa, Fragmin). You can **CONTINUE Aspirin 81 mg** unless instructed by your doctor.
- **STOP 1 WEEK PRIOR:** Semaglutide (Ozempic, Wegovy), Mounjaro, Zepbound, Trulicity, Victoza, Bydureon BCise
- **STOP 1 DAY PRIOR:** Rybeslsus, Saxenda, Byetta, Adlyxin

1 DAY PRIOR

- Start a clear liquid diet in the morning.
 - **NO SOLID FOOD ALL DAY** (No breakfast, lunch, or dinner)
 - **NO DAIRY PRODUCTS**
 - **NO RED or PURPLE FOOD COLORING**

Clear liquids include: Broths, Water, Clear fruit juices (apple), Soda, Gatorade, Jell-O, Popsicles, Black Coffee or Tea

- Mix 238 grams of Miralax into 64-ounces of Gatorade (no red or purple food coloring). You may put it in the refrigerator to chill before drinking.
- At **5PM:** take 2 tablets of Bisacodyl (Dulcolax) and drink 32-ounces of the solution (8 ounces every 15 minutes) until finish.
- At **9PM:** drink the rest of 32-ounces of the solution (8-ounces every 15 minutes) until finish. Can drink clear liquids until midnight.

NOTHING TO EAT OR DRINK AFTER MIDNIGHT PRIOR TO THE PROCEDURE.

PROCEDURE DAY

- You may take your morning medications (**High Blood Pressure and Thyroid**) with a small sip of water.
- If you have asthma, please bring your inhaler with you.
 - **NO CHEWING GUM or SUCKING ON HARD CANDY**

A RESPONSIBLE ADULT MUST ACCOMPANY ALL PATIENTS THE DAY OF THE PROCEDURE. NO PATIENT SHOULD DRIVE ON THE DAY OF THE COLONOSCOPY.