

**Digestive Disease Associates of Rockland, PC**  
**974 Route 45, Pomona NY 10970**  
**845-354-3700**

**MIRALAX / GATORADE COLONOSCOPY PREPARATION**

You have been scheduled for a colonoscopy with Digestive Disease Associates of Rockland. This is an examination of your large intestine (colon). Under sedation, a long flexible tube called a colonoscope will be inserted into your rectum and passed through your colon. Your colon will be examined in detail. Additional procedures may be performed such as taking tissue samples (biopsies) and removing polyps.

**Please read all the instructions at least ONE WEEK before your scheduled procedure date so you can be adequately prepared for this procedure. A thorough cleansing of the colon is essential and the examination is most successful if you follow the directions for preparation completely. Improper cleansing may result in rescheduling your procedure.** If you have any questions, please call our office at 845-354-3700. Additional information can also be found on our website at [www.myddar.com](http://www.myddar.com).

To ensure you are comfortable and relaxed during your procedure, intravenous sedation will be given. **YOU MAY NOT DRIVE HOME AFTER YOU RECEIVE SEDATION.** You must have a responsible adult escort with a valid driver's license who will be able to drive you home after your procedure. **You may not go home alone** in a taxi, shuttle van or bus, as the drivers will not be responsible for you. You may not drive until the day after your procedure. We advise you to take the entire procedure day off from work.

Our highest priority is performing the most careful and safest possible examination for each and every patient. Although we strive to remain on schedule, please understand that performing a procedure such as a colonoscopy may take longer in some patients than in others. As a result, your procedure may not be performed at the exact time you were scheduled. We ask for your patience and advise that you allow at least **4 hours** for your visit.

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**SPECIAL CONSIDERATIONS**

Please **bring a list of your current medications**, along with dosages, with you the day of your procedure.

- You should continue to take most of your medications, including your **BLOOD PRESSURE** and **HEART MEDICATIONS**, without interruption, including on the morning of your procedure.
- **Blood thinning medications** (such as Coumadin, warfarin, Plavix, Pradaxa, Xarelto, Effient, Brilinta, Lovenox, Aggrenox) MAY need to be discontinued for **1 to 10 days** prior to your procedure, depending on the circumstances. **Please inform us** if you are taking these medications. We recommend that you speak with your cardiologist or primary physician regarding stopping your blood thinners.
- Stop **ASPIRIN, ADVIL, MOTRIN, ALEVE, IBUPROFEN** or any other anti-inflammatory drugs 7 days before your procedure. If needed, you may take **TYLENOL** only.
- **Iron pills, Vitamin E, Gingko biloba:** Stop taking 7 days prior to your procedure.
- If you are **DIABETIC**, check with your primary physician regarding taking your insulin or oral diabetic medications. In general, you should not take any oral diabetic medications the day before or the day of your procedure. Speak with your primary physician if you are on insulin regarding how to adjust the insulin dosage.
- Medications for diabetes/weight loss: Stop any weekly **GLP-1 medications (Ozempic, Wegovy, Mounjaro, Zepbound, Bydureon)** for **1 week prior to your procedure**. Stop any daily **GLP-1 medications (Rybelsus, Victoza, Byetta, Saxenda)** for **24 hours prior to your procedure**. Failure to stop these medications may result in cancellation of your procedure. Please call our office if you have any questions about these medications
- **All women under 50 years** of age must have a urine pregnancy test performed in our office, prior to your procedure. Please be prepared to give a urine sample when you are called in to the procedure area

## COLONOSCOPY PREP INSTRUCTIONS

**PURCHASE THESE ITEMS AHEAD OF TIME** (no prescription is required for any items):

- Phillips **Milk of Magnesia** - 1 small bottle
- 4 **Dulcolax** laxative tablets
- One 238-gram bottle of **Miralax** powder
- Two 28-ounce bottles of **Gatorade** or Gatorade G2 (**no red** flavors)

### FIVE DAYS BEFORE YOUR COLONOSCOPY:

Begin a **low fiber** diet - DO NOT eat nuts, seeds, popcorn, corn, bran, etc. Discontinue fiber supplements such as Metamucil, Citrucel, Fibercon, etc.

### TWO DAYS BEFORE YOUR COLONOSCOPY:

Take 4 tablespoons of Milk of Magnesia at **7:00 pm**. Put the 2 Gatorade bottles in the refrigerator to chill.

### THE DAY BEFORE YOUR COLONOSCOPY:

- Start a **CLEAR LIQUID DIET** from the moment you get up and continue all day. You may not have any solid food all day. Examples of clear liquids are:

Clear bouillon	Tea (without milk)	Sprite / 7-up
Chicken broth	Coffee (without milk)	Ginger Ale
Vegetable broth	Kool-Aid (not red)	Apple juice
Beef broth	Carbonated beverages	White grape juice
Consomme	Iced tea	White cranberry juice
Jello (not red)	Gatorade (not red)	Italian ice (not red)

- Throughout the day, make sure to **drink at least 8 glasses** (2 quarts) of fluids such as Gatorade or a similar product, preferably not only plain water.
- Take your usual prescription medications.

**2:00 PM:** Take four Dulcolax tablets by mouth with 8 ounces of water.

**4:00 PM:** Split the 238-gram bottle of Miralax between the 2 bottles of Gatorade. Shake until the Miralax is completely dissolved. Drink **one 32-ounce bottle** of the Miralax/Gatorade mixture over 1-2 hours as follows: drink one 8-ounce glass every 20-30 minutes until the solution is completely gone. If you develop nausea or fullness, slow down - stop drinking the solution for 30-60 minutes, then resume.

**9:00 PM:** Drink the **second 32-ounce bottle** of the Gatorade/Miralax mixture, as above.

**Remember to remain close to toilet facilities!** It can take 1-4 hours for the diarrhea to begin. You should continue to have diarrhea until the stool is completely clear (i.e. liquid/watery with no particles). You may continue to have clear liquids **until midnight**. After midnight, you may not have anything else to drink.

### THE DAY OF YOUR COLONOSCOPY:

**You may not have anything to eat or drink the entire day**, until after your procedure is completed. If you take **prescription medications**, you may take them in the morning with a small sip of water. Continue all your usual prescription medications - please be sure to take any blood pressure or heart medications the morning of the test with a small sip of water.