

Dr. Anubha Sinha, M.D., P.A.
Hunterdon Digestive Health Specialists
267 US-202, Flemington, NJ 08822, Phone: 908.788.8200

FOR COLONOSCOPIES SCHEDULED @ Hunterdon Medical Center Main Hospital
2100 Wescott Drive, Flemington, NJ 08822, 2nd Floor Endoscopy Suite, 908.788.6439
Pre-registration (CALL 1 week prior): 908.788.6167

MiraLAX ONLY Bowel Prep

REMINDERS

***Purchase ONLY WHAT IS HIGHLIGHTED AND REVIEW THESE INSTRUCTIONS at least ONE week prior to your scheduled procedure to avoid any last-minute confusion. Fill your prescription as soon as possible. Write down your questions. We will call you one week prior to your appointment to discuss any questions or concerns you might have.**

NOT EVERYONE WILL REQUIRE ALL OF THESE MEDICATIONS.

1. TWO (2) Dulcolax tablets.
 2. ONE (1) 256-gram bottle of **MiraLAX** (prescription).
 3. ONE 256-gram bottle of **MiraLAX. TO BE USED FOR YOUR EXTENDED PREP.** Use 17 grams (or one scoop) in 8 ounces of water for _____ days prior to your procedure. Stop using it 2 days prior to your procedure.
 4. **ONE 64 oz bottle of Gatorade (NO RED, BLUE, or PURPLE).** Patients who do not like Gatorade or have diabetes should use G2 (low sugar), Gatorade Zero, POWERADE Zero, or Pedialyte.
- *NO NUTS, SEEDS, CORN, AND WHOLE GRAINS for ONE WEEK PRIOR TO YOUR PROCEDURE.**

Bowel Prep Instructions:

A. 24 hours before your procedure (so if your appt. is 9AM Monday, start at 9AM Sunday):

1. Go on a CLEAR LIQUID DIET (e.g., Jell-O, clear broth, popsicles, strained juices including apple and white grape)
2. Avoid solids, milk and all milk products including soy milk, almond milk, oat milk, etc., and red, blue and purple liquids.

B. AFTERNOON/EVENING OF THE DAY BEFORE YOUR PROCEDURE:

1. **At 3PM**, mix entire bottle of MiraLAX with 64 ounces of Gatorade or other clear liquid of your choice and shake until medication is dissolved, then refrigerate. Most people prefer to drink the liquid chilled and through a straw, so putting it in the refrigerator helps. **DO NOT ADD ICE.**
2. **AT 5PM, start drinking** the solution every 15-30minutes until the entire solution is finished.
3. **AT 9PM, take 2 Dulcolax tablets with 8 ounces of water.**

C. MIDNIGHT Before your Procedure

***Have nothing to eat or drink until after the procedure. This includes water!** (The only exceptions are any medications, like blood pressure medications, that you've been told to take with tiny sips of water as instructed by your prescribing physician.)

*****STOP DRINKING ALL FLUIDS 6 HOURS PRIOR TO SCHEDULED APPOINTMENT!**

Important Considerations

- If you are taking any NSAIDs, Aleve, Ibuprofen, Motrin, Naproxen, Celebrex, iron supplements, fish oil, or Vitamin E, stop taking them 7 days prior to your procedure. You may take Tylenol. If you are taking Coumadin, Aspirin, Plavix, Ticlid, Eliquis, Pradaxa, Xarelto, or Brilinta, please ask your prescribing doctor for instructions regarding stopping these medications.
 - If you are diabetic and taking insulin, to avoid dangerously low blood sugars, please inform your prescribing physician about your upcoming procedure, and discuss any necessary insulin dosage adjustments with them.
 - If you are taking oral diabetic medications, follow our instructions or your prescriber's instructions.
 - If you are unsure about taking any medications, please call our office.
 - Do not stop blood pressure or heart medications unless told by us or the prescriber.
 - If you have asthma and use inhalers, please inform your prescriber of your upcoming procedure. You may need to maximize inhaler use prior to your procedure to minimize potential complications with anesthesia.
 - If you are a smoker, do NOT smoke for at least 6 hours prior to your procedure. **NO MARIJUANA** the day of your procedure!
- ***NOTE: Failure to take the bowel prep as indicated may result in a poorly cleansed colon. Please leave all jewelry including belly button rings and tongue rings at home.**