



Gastroenterology, Hepatology and Endoscopy

Name: _____ Date: _____

Two (2) Day Preparation for Colonoscopy

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

If you are scheduled for a procedure at Surgery Center of Aventura, the surgical center will call you to confirm the time of procedure.

Purchase at the pharmacy: Four (4) Dulcolax 5 mg tablets (Laxative), One 10 oz. bottle of Magnesium Citrate (Mag-Citrate), a 238 gram Miralax and a 64 oz. Gatorade (**no red coloring**). If you are a diabetic patient, you should buy Crystal Light or another sugar free clear liquid drink, even water, instead of Gatorade. All the above are over the counter. No prescription is required.

Starting one week prior to the procedure: Do not take iron pills. It is best to avoid medications that can cause bleeding. These include Aspirin, Ecotrin, and Alka-Seltzer. It is also best to avoid any anti-inflammatory drugs including Ibuprofen, Motrin, Advil, Aleve, Empirin, Bufferin, Medipren, Nuprin, Naproxen, Sulindac, Clinoril, Piroxican, Feldene, Indomethacin, Indocin, Diclofenac, Voltaren, and Celebrex. Tylenol and other brands of acetaminophen are safe to use prior to the procedure.

Please discuss prescribed anticoagulants such as Coumadin, Plavix, Xarelto, Brilinta, Eliquis or even aspirin if it was part of a prescribed regimen, with your internist, neurologist or cardiologist, before stopping these medications

Starting two days prior to the procedure:

- Begin a clear liquid diet for lunch and dinner on _____, two (2) days before your procedure, and continue consuming only clear liquids the entire day.
- Drink one bottle of Magnesium Citrate at 4 pm on _____, two (2) days before your procedure.
- Continue a clear liquid diet on _____, the entire day before your procedure.

A clear liquid diet means **no solid food**.

Acceptable clear liquids include the following:

Clear bouillon, broth or consommé, Kool-Aid (**no red**), carbonated beverages, tea, coffee, and decaffeinated tea or coffee. Do not put any milk or cream in you tea or coffee. Juices including clear cranberry juice, white grape juice, and apple juice (no cider), strained lemonade, limeade, orange drink or any juices that you can see through and have no pulp. Ice, Italian ices, popsicles, and Jello (**no red**) are also acceptable.

One day before the procedure:

1. Any time from 12 noon until 3:00 pm take the four (4) Dulcolax tablets at once.
2. Two hours after you have taken the four Dulcolax tablets, mix the 238 gram bottle of Miralax into the 64 oz. Gatorade, Crystal light or water (**with no red coloring**). Shake the solution until the powder dissolves.
3. Drink an 8 oz. glass of the dissolved Miralax every 10-15 minutes until you've consumed all 64 ounces.
4. You may continue consuming clear liquids until bedtime.
5. No more clear liquids after midnight.

On the day of the procedure:

1. Do not eat or drink anything the day of the procedure, except for medicines approved by your doctor.
2. Take approved medicines with a sip of water only.
3. Please call our office at **(305)-674-5925** if you have any questions.
4. **NO DRIVING:** You cannot drive after the procedure or use a bus or taxi alone. You must be accompanied by an adult. If this procedure is not followed, the hospital or endoscopy center may cancel your appointment.
5. You will not be able to work on the day of the procedure.

The location of your procedure is:

Mt. Sinai Medical Center
Gumenick Building
(Register on the 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) 682-7000

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