

**Department of Surgery | Stony Brook Medicine**

**Division of Colon and Rectal Surgery**

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**Colonoscopy Instructions – Split Dose/Miralax Prep**

**IMPORTANT**—please read all instructions as soon as you receive them.

**AS SOON AS POSSIBLE**

- **Identify a driver for the day of your colonoscopy.**  
A responsible adult **MUST** accompany you when leaving the procedure unit, even if you take public transportation. You will **NOT** be permitted to drive after your procedure. Your companion may wait in our waiting room during your procedure. If they are unable to wait for 3 hours (including prep time and recovery), bring their phone number so we may contact them. **If we cannot confirm your transportation, your colonoscopy WILL be cancelled.**

- **Are you on any of the following medications?**

**Warfarin**

(Coumadin®),

**Enoxaparin**

(Lovenox®),

**clopidogrel**

(Plavix®),

or other blood thinners

**Ask the physician who prescribed this medicine how to take it before and after your procedure**

**Aspirin**

You may continue taking aspirin unless otherwise instructed

**Insulin**

Depending on what type of insulin you are taking, you may need to reduce your insulin dose the day before the procedure. Please ask your diabetes doctor for exact instructions.

**Oral Diabetes medications**

Do not take these medications on the morning of your procedure

- **Do you have an ICD (defibrillator) or pacemaker?**  
**If so, please notify your physician immediately for specific instructions.**

**KEY INSTRUCTIONS**

- Obtain the following bowel preparation products from your local pharmacy at least 5 days prior
  - Miralax® or generic Glycolax® (238 gram bottle)
  - 2—32 ounce bottles of a clear liquid beverage (Gatorade, Crystal Light, etc).
  - ➡ **Avoid red or purple drinks.** ⬅
  - 4 Dulcolax (bisacodyl) 5mg tablets
  - 2 Fleet enemas
- Do not eat any solid food the **ENTIRE** day before your colonoscopy
- Do not mix the bowel prep solution until the day before your colonoscopy.



- **Bowel prep is needed in order to perform an effective colonoscopy. It is critical that you thoroughly read and follow these instructions. You are taking a split-dose bowel prep which will be taken in 2 parts. The first dose will be taken at 6 pm the day prior to the procedure and the second dose will be taken 6 hours prior to your scheduled procedure. The second dose may be in the middle of the night but the correct timing is essential for an effective bowel prep—set an alarm clock if necessary.**
- If you have any questions regarding the prep or you feel it is not working call (631)444-1825.

### **5 DAYS PRIOR TO COLONOSCOPY**

- If applicable, stop taking any vitamins, herbal medications or iron supplements.

### **2 DAYS PRIOR TO COLONOSCOPY**

- **Confirm your transportation for the day of your procedure**
- No solid foods after midnight

### **DAY BEFORE YOUR COLONOSCOPY**

- You may take your regular prescription medications, unless you are instructed otherwise.
- **You may not eat any solid foods or consume any alcohol today.**
- **Begin clear liquid diet** (“clear liquid” means you can see through it when poured into a glass). It is very important to drink a lot of liquids today.

Clear juices without pulp (apple, white grape), clear broth, tea, coffee, clear soda,  
Gatorade<sup>□</sup>, Jell-O<sup>□</sup>

NO red or purple liquids, NO milk products, NO vegetables, NO breads, NO meats

- Mix 1/2 of the MiraLax 238 gram bottle in EACH of the 32 ounce beverage bottles until dissolved. Keep cold in the refrigerator.
- **At 4 pm:** Take the 4 Dulcolax Tablets with water.
- **At 6 pm:** Drink the first bottle of the Miralax solution, over the next 1-2 hours until the first bottle is. This is a split-dose prep and you will drink the remainder as directed below.

Note: It is normal to feel ‘full’ and ‘bloated’ during the prep

It is easier to drink the prep when it is cold (on ice), and through a drinking straw.

Some people may experience nausea or vomiting. If this occurs, simply wait 30 minutes before resuming drinking. If symptoms persist, please call our office (631) 444-1825.

- Continue to drink clear liquids throughout the evening.
- If you have ostomy do 1 fleet enema night prior to procedure



**ON THE DAY OF YOUR COLONOSCOPY**

- **(6 hours before your scheduled procedure time):** Drink the second bottle of the Miralax solution until it is complete. The prep should be completely finished 5 hours before your scheduled procedure time.
- **You should take your heart and blood pressure medications with a sip of water on the morning of your exam.**
- Nothing else to eat or drink. Do not chew any gum or hard candy.
- Do not take any diabetes medications (insulin or pills) on the morning of your procedure.
- Wear loose fitting, comfortable clothes, with flat shoes or sneakers.
- Do not wear jewelry or bring any valuables to the procedure.
- Please bring a list of your current medications. You will need to complete a medical history form in the waiting room prior to the procedure. If you are unable to complete the form, please make sure you have someone accompany you who can complete the form for you.
- If you have an ICD (defibrillator) or a pacemaker, please bring the device card with you.
- Make sure a responsible adult is available to take you home. If they are not able to stay for 3 hours in our waiting room, then bring their phone number so we may contact them.
- If the last time on toilet you still see stool coming out and is not clear or clear yellow do 2 fleet enemas.
- If you have an ostomy do 1 more fleet enema.