

Gastroenterology Associates of Suffolk, P.C.  
931 Hallock Ave, Port Jefferson Station, 11776  
(631) 331-7200

**BOWEL PREPARATION FOR YOUR COLONOSCOPY WITH MIRALAX/GATORADE**

Date of Procedure: \_\_\_\_\_ Clearance Needed: \_\_\_\_\_  
Fax to: (631) 642-3115

**YOU WILL NEED TO BUY:**

- (1) 238 g. bottles of Miralax
- (1) 64 oz. bottles of Gatorade ( no RED, BLUE, or PURPLE)
- (4) Dulcolax Tablets

**DAYS PRIOR:**

**Stop taking all blood thinning medications and supplements. Examples:**

- Aspirin or Aspirin products
- Ibuprofen, Naprosyn, Aleve, Motrin, Advil
- Blood thinners
- Multi-Vitamins, Vitamin E, Fish oil
- Over the counter supplements
- Tylenol is OKAY

**If you are not sure of a medication that you take, please contact us. We will call you approximately one week prior to your procedure to confirm your appointment and to notify you of your arrival time.**

**DAY BEFORE THE PROCEDURE:**

- You may have breakfast, lunch and early dinner (before 4pm)
- Start a clear, liquid diet after dinner
- Clear liquid diet includes: Jell-O, broth (chicken or beef), bouillon, ices, juices, black coffee or tea.
- Sweeteners are allowed. NO milk or milk products. Nothing RED, BLUE or PURPLE in color.

**At 5:00 pm**

- Mix the entire bottle of Miralax into the bottle of Gatorade. Make sure it is well dissolved.
- Drink one 8 oz. glass every 10-15 minutes until it is finished

**At 9:00 pm**

- Take four Dulcolax pills at once with water
- Drink as much water as possible until bedtime. NOTHING ATER MIDNIGHT.

**THE DAY OF THE PROCEDURE**

- NOTHING by mouth. NO water or chewing gum until after your procedure

If you take heart or blood pressure medications in the morning, take them as usual with a sip of water. HOLD other medications until after the procedure, unless otherwise directed by your physician.

We ask you to please wear warm, loose fitting, comfortable clothes, with a short sleeved shirt. No perfume, cologne or jewelry.

YOU MUST HAVE A RESPONSIBLE PARTY TAKE YOU HOME AFTER YOUR PROCEDURE. WE WILL BE FORCED TO CANCEL YOUR PROCEDURE IF YOU DO NOT HAVE ADEQUATE TRANSPORTATION. You are not to drive or work until the day after your procedure.

***We require at least 48 hours notice if you need to cancel or reschedule a procedure. Failure to give this office adequate notice may result in a \$100 fee.***

If you have any questions, please contact Kathleen at (631) 331-7200, ext. 236 Kathleen.