

**NO Drug or Alcohol use including Marijuana the Day Before & the Day of the Procedure**

**Colonoscopy Prep #1 Miralax** **ANY QUESTIONS CALL Fairfield 203-292-9000**

**Trumbull 203-452-1411**

**Bridgeport 203-333-3328**

Report to ( ) St. Vincent's Medical Center ( ) The Endoscopy Center of Fairfield  
2800 Main St., Bridgeport, CT 425 Post Rd, Fairfield, CT

Date \_\_\_\_\_ Arrive at \_\_\_\_\_ Procedure Time \_\_\_\_\_ Doctor \_\_\_\_\_

**Purchase (4) Dulcolax Laxative 5 mg Tablets and a 238 gram bottle (or two 119 gram bottles) of Miralax at the pharmacy as soon as possible. If Monday procedure please pick up before weekend start.**

**Do not follow instructions on the bottle, follow the instructions below:**



If you take any of the following medications call your Prescribing Doctor and let them know about your upcoming procedure. They may want to make changes.

**Diabetic Medications:** Metformin, Actos, Glipizide, Insulin, etc.

**Blood Thinners:** Ask your Doctor how long you can be off the following medications before your procedure:

Persantine, Plavix, Ticlid, Coumadin, Effient, Aggrenox, Pletal, Cilostazol, Pradaxa, Xarelto, Brilinta, Eliquis, prescribed non-steroidal anti-inflammatory, (Celebrex, Mobic, etc.)

**7 DAYS BEFORE THE PROCEDURE**



**Qysimia, Phentermine, Advil, Motrin, Aleve, Ibuprofen, Fish Oil, Iron and Vitamin E. Nuts, Seeds, Corn, Popcorn, Metamucil, Citrucel, and Flax Seed (TYLENOL is OK).**

**3 DAYS BEFORE THE PROCEDURE:**



**Do not take Jardiance (Empaglifozin) or Synjardy for 3 full days.**

**ONE DAY BEFORE THE PROCEDURE:**

1. **Do not take Vyvanse (lisdexamfetamine) today or tomorrow.**
2. **Drink Clear Liquids ONLY** (The more you drink, the better the prep will be) **NO FOOD**
3. At 3 pm take 4 Dulcolax laxative 5mg. tablets.
4. At 5 pm mix 2 capfuls of Miralax in 8 oz of clear liquid from the list below, **repeat this 3 more times** and more than half the bottle of miralax will be finished. (Miralax dissolves better in warm liquids). Drink every 15-20 minutes, if nauseous drink every 30-45 minutes.
5. Expect loose watery bowel movements.
6. **YOU MUST** continue drinking clear fluids until bedtime. Place a towel under your buttocks at night when you are sleeping.

**ON THE DAY OF THE PROCEDURE:** **Please do not wear fragrant products.**

1. Get up 6 Hours Before your procedure – Finish the miralax drink the same as above ( 3 glasses).
2. Take your morning medications.
3. **3 Hours before -- STOP DRINKING. NO GUM CHEWING.**



**EXAMPLES OF CLEAR LIQUIDS (Please try to drink 4-6 oz every hour)**

Pedialyte, Gatorade, bouillon cubes, broth, consommé, apple juice, white grape juice, white cranberry juice, strained lemonade, crystal light, water, Italian ice, sorbet popsicles, or Jello. You may have 8 oz of black coffee or tea per day, sugar is okay.

**DON'T HAVE:**



**ANYTHING RED or PURPLE  
MILK or CREAM**



YOU WILL NEED A RESPONSIBLE RIDE HOME.

**NO DRIVING!!!**

**Expect to be here for 90 minutes to 2 hours.**

**4/25**