

BURLINGTON COUNTY ENDOSCOPY CENTER
140 Mt. Holly Bypass, Unit 5
Lumberton, NJ 08048

COLONOSCOPY INSTRUCTIONS – Evening/Morning Prep (Split Dose)
Miralax (Glycolax)/Gatorade – No Prescription Required

Date of Procedure: _____

Arrival Time for Procedure: _____

Prep ***does not*** require a prescription. **Miralax** can be purchased over the counter at the pharmacy.

If you DO NOT follow these instructions your procedure may be cancelled. If you have any **questions**, or **you are unable to complete most of the prep given, or have not moved your bowels**, please call the GCSJ office **IMMEDIATELY** at **609-265-1700**. If it is after 5 pm you will receive a callback from the Doctor On-Call for the evening.

PURCHASE THE FOLLOWING:

- 1. Miralax (238g bottle)**
- 2. bisacodyl (dulcolax) (two 5mg tablets)**
- 3. Simethicone tabs (Gas X/Gas Relief) 3 tablets needed**

THE ENTIRE DAY BEFORE THE PROCEDURE – (YOUR PREP DAY)

You are to be on CLEAR LIQUID DIET. **NO SOLID FOOD (NO RED or PURPLE COLORED PRODUCTS – ORANGE IS OK)**

This includes **only** the following:

1. Water
2. Clear Broth: chicken, beef, vegetable
3. Clear juices: apple, white grape, white cranberry
4. Soft drinks: soda, Gatorade, Lemonade- **NO RED OR PURPLE**
5. Coffee or tea: (hot or iced) – **NO CREAM, MILK, or POWDERED CREAMER**
6. Jell-O- **NO RED OR PURPLE**
7. Popsicles (without fruit or cream), lemon sorbet, Italian Ice

PREP INSTRUCTIONS

The day before the procedure, mix 238g of MiraLAX in 64 oz of any clear liquid and chill in the refrigerator.

At 5p, on the night before your procedure, take two Dulcolax tablets.

At 6pm, drink 32 ounces of MiraLAX solution (This will be one half of the solution). If you become nauseous, slow down or take a 30 min break from drinking.

Continue to drink plenty of clear liquids.

When you have finished the 32 ounces of MiraLAX solution, take one simethicone tablet.

The morning of the procedure, 5 hours prior to arrival, drink the remainder of the 32 ounces of MiraLAX solution.

Then take two simethicone tablets with 8 ounces of water. The MiraLAX solution and simethicone has to be finished 4 hours prior to arrival to the procedure.

After you finish the Miralax, nothing by mouth

You may take your morning medications (unless otherwise instructed by our office) 4 hours before you come in with a small sip of water.

You are required to have a responsible party over the age of 18 accompany you to provide transportation after your procedure. For the safety of our patients, we do not allow our patients to drive themselves home. Public transportation is not permitted without a responsible person to accompany you in the taxi, bus, etc. We recommend that your driver wait for you during the visit to the surgical center.

DAY OF PROCEDURE:

NO SMOKING CIGARETTES OR SMOKING MARIJUANA, INGESTING OF MARIJUANA, MEDICINAL MARIJUANA OR EDIBLES. NO HARD CANDY, LIFESAVERS, MINTS, OR GUM*****

PLEASE NOTE: If you are female patient, please do not urinate prior to coming in for your procedure. You may be asked to provide a urine sample when you arrive at the surgical center.