

## **Gastroenterology Associates, P.A.**

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### **MIRALAX COLONOSCOPY PREP INSTRUCTIONS**

Buy one (1) bottle of Miralax (235 gms) and four (4) tablets of Bisacodyl laxative .

The DAY BEFORE your colonoscopy: Drink only clear fluids. DO NOT consume any solid food. Breakfast, lunch and dinner should consists of clear fluids only. Clear liquids should be taken all day, i.e., clear broth, jello (no red jello) ice tea, apple juice, white grape juice, sprite, water, ice pops, sorbets, sports drinks such as Gatorade, etc, coffee or tea without milk or creamers. Avoid foods with red, pink, or purple dyes or coloring.

Mix the Miralax in ½ gallon of lemon flavored Gatorade.

2PM: Take two tablets of the bisacodyl with water or the Miralax solution

4PM: Start drinking the Miralax solution. Drink an 8 oz glass every 10-1 minutes until the solution is gone.

9PM: Take two more tablets of dulcolax with water.

You should be on an empty stomach after midnight prior to the exam date.

If you normally take blood pressure or cardiac medications, they should be take on the morning of the exam with a SIP of water only. . Aspirin or blood thinners are often stopped 5 days before the exam, but this recommendation should be individualized. Be sure to discuss your medications with the doctor

Please do not hesitate to call our office if you have any questions.