



Weill Cornell Medical College

┌ NewYork-Presbyterian Hospital
└ Weill Cornell Medical Center

Department of Surgery
Section of Colon and Rectal Surgery
1315 York Avenue, 2nd Floor
New York, NY 10021
Tel: (212) 746-6030
Fax: (212) 746-6370

Instructions for Day of Endoscopy

You are scheduled on _____ with Dr. _____

1. Please report to the Endoscopy Suite _____ am/pm to be prepped for your scheduled procedure at _____ am/pm
2. **Location of Endoscopy Suite:**
525 East 68th Street
Greenberg Pavilion, 2nd floor
212-746-4414
3. **Remember**, a relative or friend must accompany you home after the procedure.
4. **Please stop all aspirin, Advil, Motrin, multivitamins, Vitamin E and fish oil products seven days before your colonoscopy. Please let you doctor know if you are on any additional blood thinning medication.**



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Miralax and Gatorade Bowel Prep

SUPPLIES TO PURCHASE AT DRUG STORE:

1. 64 ounces of GATORADE – Please avoid RED, BLUE, or PURPLE flavors
2. 238 grams of MIRALAX POWDER
3. 4 DULCOLAX TABLETS

THE DAY BEFORE THE EXAMINATION:

1. On the morning before the examination, please begin a CLEAR LIQUID DIET.
 - a. Please avoid fluids that are RED, BLUE, OR PURPLE.
 - b. Drink plenty of fluids on the day of this bowel prep to ensure that your intestines are well prepared for your procedure. In doing this, you should also feel better on the day of your procedure.
 - c. The following are examples of clear liquids:
 - Water
 - Fruit juices without pulp (e.g. apple juice, white grape juice, etc.)
 - Clear broth or any flavor bouillon
 - Gatorade, Powerade, Kool-Aid or Crystal Light
 - Soda
 - Jell-O
 - Popsicles, ices or sorbet (mango, lemon, peach, etc.)
 - Tea or coffee without milk, cream or non-dairy creamers. Sugar is OK
2. At 3:00pm, take the 4 DULCOLAX TABLETS by mouth with a large glass of water.
3. At 5:00pm, mix the 238 gram bottle of MIRALAX POWDER into the 64oz of GATORADE. Shake the solution until the Miralax is dissolved.
4. Drink an 8oz. glass of MIRALAX/GATORADE SOLUTION every 10-15 minutes until the solution is gone.
5. YOUR STOOL SHOULD BE WATERY TO CLEAR by _____PM. If STOOL IS STILL FORMED, please call our answering service at 212-746-6030 and speak to the covering physician for next step.
6. It is recommended that you continue drinking clear liquids AS TOLERATED until you go to bed to stay hydrated.
7. NOTHING TO DRINK AFTER MIDNIGHT.

NOTE: Individual response to laxatives may vary. It may start to work as early as 30 minutes or take as long as 3 hours. This medicine will cause diarrhea (water stool) to clean out the intestine. Please remain within easy reach of toilet facilities. It is not unusual for this medication to cause nausea. **If you vomit the medicine and are unable to keep it down, please contact the physician's office. An alternative laxative may be suggested.**