

DARLENE NEGBENEBOR, M.D., DABIM

90 MORGAN STREET, SUITE 201, STAMFORD, CT 06905 203-998-7400

___ TULLY CENTER

32 Strawberry Hill Court

Stamford, CT 06902

203-276-2000

___ DIAGNOSTIC ENDOSCOPY

778 Long Ridge Road, 2nd Floor

Stamford, CT 06902

203-322-2400

1. Take all routine medications up until the night before the test
2. Blood pressure medications may be taken on the morning of the test
3. **HOLD ORAL DIABETIC MEDICATION ON THE MORNING OF THE TEST
DISCUSS INSULIN DOSING WITH YOUR ENDOCRINOLOGIST**
4. No Aspirin or Anticoagulants such as HEPARIN or COUMADIN for FIVE DAYS prior to your procedure. **IF YOU SEE A CARDIOLOGIST, PLEASE DISCUSS THESE MEDICATIONS WITH THEM.**

APPOINTMENT DATE:	
ARRIVAL TIME:	
PROCEDURE START TIME:	

Please arrive at facility at scheduled arrival time, which will be one hour prior to procedure time

MIRALAX AND DULCOLAX BOWEL PREP FOR COLONOSCOPY

On the day before your test:

1. You may eat a light breakfast.
2. Drink only clear liquids, avoid **ALL** red or purple colored liquids.
DO NOT EAT ANY SOLID FOOD OR MILK PRODUCTS AFTER BREAKFAST UNTIL AFTER YOUR COLONOSCOPY IS COMPLETED.
Examples of clear liquids:
Water, broth (veg, chicken or beef), ginger ale, tonic water, seltzer, tea, coffee (black), jello (not red), clear juice (apple, white grape, white cranberry), popsicles (not red).
3. Follow the schedule in the table below for your bowel preparation. You may need to get to the toilet right away. You will have multiple bowel movements throughout the day, which will become very watery. The bowels are clean when you are passing only pale yellow fluid without flecks of stool.

2:00pm	Take 4 Dulcolax tablets with a drink of clear liquid
3:00pm	Mix the Miralax in a 64 ounce bottle of Gatorade or other clear liquid of choice. Cap the bottle and shake to dissolve the powder. Most people prefer to drink the liquid chilled so you may want to place it in the refrigerator
5:00pm	Start to drink the Miralax. Drink one glass every 10-15 minutes. Finish drinking the liquid in 2-3 hours. Be sure to drink all of the liquid.
Midnight	Do not eat or drink anything after midnight. You may gargle but do not swallow any liquid. You may have water five hours before the procedure. Do not smoke after midnight.

You will need to purchase:

Miralax in a large bottle (8.3 ounces or 238 grams)

4 Dulcolax or Bisacodyl tablets (5milligram tablets)

PLEASE BE SURE TO HAVE AN ESCORT TO AND FROM THE PROCEDURE