

**Andre Fedida, MD (973-877-2580)**  
**Harrison Endo-Surgical Center**  
**620 Essex Street 3<sup>rd</sup> floor, Harrison, NJ 07029 (973-474-1040)**

**INSTRUCTIONS FOR COLONOSCOPY PREP**

**PATIENTS NAME:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

**TIME: The Surgical Center will call you with the time a couple of days before your exam**

In order for the doctor to perform a colonoscopy, a bowel "cleanout" must be completed at home prior to the procedure. A bowel cleanout is a combination of a clear liquid diet and oral laxatives. All of the items can be obtained at your local pharmacy without a prescription.

You will need to purchase:

- **One 238 gram bottle of MiraLAX laxative powder**
- **A small box of Dulcolax tablets. Not suppositories. You will use four**
- **Two quarts or 64 oz of Gatorade (any color except red)**  
**(Diabetics may use PowerAde Zero or any diet soda)**

**3 DAYS BEFORE YOUR COLONOSCOPY**

Discontinue any fiber supplements (Metamucil, Citrucel, Fibercon, etc)

Do not take any iron pills or vitamins containing more than 15mg of iron

**Advise the doctors if you are taking Coumadin, Warfarin, Xarelto, Eliquis, Lovenox, Pradaxa, Effient or any blood thinners**

**Advise the doctors if you are taking Injectable Medications such as Ozempic, Wegovy, Mounjaro or Zepbound**

**DAY BEFORE YOUR COLONOSCOPY**

1. Begin clear liquid diet. Clear liquids includes: broth water, clear liquid juices Gatorade, Jell-O, Popsicles, Coffee, or tea. Fruit Sherbet and Sorbet are ok Avoid anything in red color. Drink 8oz of water every hour before noon.
2. Take 2 Dulcolax tablets at Noon with a clear liquid lunch.
3. About 1 hour after taking the Dulcolax tablets, mix the entire 238 gram bottle of MiraLAX with two quarts of Gatorade in a large pitcher. Stir well, and add ice. Be sure to stir the solution until the MiraLAX is completely dissolved. Drink an 8 oz. glass every 20-30 min until the solution is entirely gone. Remain near bathroom facilities for the remainder of the evening. At 7:00 pm, take the last 2 Dulcolax tablets.
4. Continue drinking clear liquids until bedtime.
5. Diabetics will need an adjustment of their medications this day. Ask your doctor.
6. Please notify office at 24 hours before scheduled procedure if you cannot keep appointment.

**THE DAY OF THE PROCEDURE**

- **DO NOT EAT OR DRINK ANYTHING UNTIL AFTER YOUR PROCEDURE**
- **YOU MAY TAKE YOUR REGULAR MEDICATIONS UNLESS OTHERWISE INSTRUCTED**
- **DO NOT DRIVE A CAR OR OPERATE MACHINERY FOR 24 HOURS**
- **YOU MAY FEEL DIZZY AND DROWSY. AN ADULT SHOULD STAY WITH YOU FOR 24 HOURS**
- **YOU ARE REQUIRED UPON DISCHARGE TO LEAVE WITH A RESPONSIBLE ADULT**
- **SCHEDULE A FOLLOW UP APPOINTMENT WITH DR. FEDIDA & DR. BROWN FOR YOUR TEST RESULTS. TEST RESULTS ARE NOT GIVEN OVER THE TELEPHONE.**