

How to Prep for a Colonoscopy

What will I need to prep?

1. Lemonade or clear-flavored Gatorade (one 64-ounce bottle)
2. Dulcolax 5mg (4 tablets)
3. Miralax 238 grams (1 bottle)

Are there medications I cannot take before a colonoscopy?

- If you regularly take aspirin, stop taking this medication 7 days before your colonoscopy.
- If you take Warfarin (Coumadin), stop taking this medication 3 days before your colonoscopy.

Talk to your provider for more information on which medications you cannot take before a colonoscopy.

When should I start the prep?

You should start the prep the day before your colonoscopy. Starting the day before your colonoscopy, you should not eat any solid foods and only drink clear liquids such as water or broth. You should not drink liquids with red, blue or purple coloring.

What are the steps to prep?

The day before your colonoscopy:

At 3:00pm

Take 2 tablets of Dulcolax

At 5:00pm

Mix Miralax with Gatorade and drink half of the mixture (32 ounces)

At 7:00pm

Take 2 tablets of Dulcolax

The day of your colonoscopy:

6 hours before your colonoscopy Drink the rest of the mixture (32 ounces)

2 hours before your colonoscopy Stop drinking any liquids

Please visit **The Endoscopy Center of New York** for your colonoscopy at **201 East 93rd St** (corner of 3rd Ave) on the second floor.