



**Mount  
Sinai  
Doctors**

Mount Sinai Doctors

Manhasset Medical Associates

1615 Northern Boulevard  
Suite 301  
Manhasset, NY 11030

Tel: 516-627-3717

Fax: 516-869-0763

## **Colonoscopy Preparation Instructions**

### Two Days Prior to the Examination

DRINK 1 BOTTLE OF CITRIC MAGNESIUM after a light dinner.

### One Day Prior to the Examination

You must be on a clear liquid diet after 10:00am. After this time DO NOT: eat solid food, have anything red or purple or drink milk!

CLEAR LIQUIDS ALLOWED: WATER, FRUIT JUICE, GATORADE, KOOLAID, TEA, ICED TEA, LEMONADE, SPRITE, GINGER ALE, CHICKEN BROTH, JELLO (AVOID RED JELLO) LEMON ICES

A regular breakfast before 10:00 is permitted.

Mix the ENTIRE 238g bottle of MIRALAX with 64oz. of any clear beverage, keep refrigerated.

At 1:00pm, take 2 Dulcolax tablets with 8oz. of water

At 3:00pm, begin drinking the Miralax. Drink a 12oz. glass SLOWLY every 60 minutes until the solution is gone. The solution must be finished within 6 hours.

At 6:00pm, take another 2 Dulcolax tablets. Clear liquids are allowed until midnight.

\* Working patients can follow Step 1 at 4:30pm Step 2 at 6:30pm and Step 3 at 9:30pm \*

**DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT OR YOUR PROCEDURE WILL BE POSTPONED**

For this prep you will need to purchase a 10 ounce bottle of CITRIC MAGNESIUM, four DULCOLAX tablets and one 238g bottle of MIRALAX from any local pharmacy. If after completing the prep, if you feel that you aren't clean or are seeing solid stool, please contact our office IMMEDIATELY at (516) 627-3717 ext.322

### Day of the Examination

At 5 am, add 1.5 ounces of Fleet Phospho Soda to one half-glass of water and drink. No additional fluids are allowed after this time.

Please do not drink any additional fluids after midnight except for the prep at 5 am. If you eat or drink anything additional, the procedure cannot be performed.

### What to Expect After the Procedure

You may feel sleepy for an hour or two after the procedure. This is due to the sedation you received at the time of the examination.

You will expel gas post-procedure, as this was passed into the colon during your test.

If a polyp is removed, you may receive further instructions.

Unless you are instructed otherwise, you will be able to resume your regular diet after the procedure has been completed.

It is rare for a patient to be admitted after the procedure.