



Physician: **Dr. Quadri Abdul**

Location: **635 Market St Newark, NJ 07105**

COLONOSCOPY WITH Miralax/Gatorade /Dulcolax Preparation Instructions

Purchase these over-the-counter items at your pharmacy:

- One bottle of Miralax powder 238 grams
- Small box of Dulcolax (bisacodyl) laxative tablets
- One 1 liter bottle of Sprite/Ginger Ale. **(Avoid red, purple and green colors)**

Five days before the procedure:

- If you are taking any blood thinners (Coumadin, Plavix, Xarelto, Pradaxa, effient, eliquis or similar) please check with your doctor when you should stop this medication
- Please do not take any Coumadin, or no steroidal anti-inflammatory, such as ibuprofen (Advil, Motrin), naproxen (Aleve), Feldene, Relafen, etc.
- Please do not take Aspirin
- Acetaminophen (Tylenol) is acceptable
- If you have a history of blood clots, coronary artery stents or a mechanical heart valve please discuss this with your doctor.
- Please stop eating food products containing seeds and Iron supplements.

One day before the procedure:

- You may not have any solid foods for the entire day before (breakfast, lunch, or dinner).
- You may have clear liquids only. These include: coffee/tea with sweetener only, beef/chicken broth, apple juice, white grape or white cranberry juices, Gatorade, soda pop, popsicles, and Jell-O. Please, no red or purple colors.
- At 12 PM, take 4 Dulcolax tablets with an 8oz glass of water. Swallow the pills whole. Do not crush or chew. You may experience bowel movements 1-6 hours later.
- At 12 PM, mix the bottle of Miralax in the 1 liter bottle of Sprite / Ginger Ale. Shake solution until the Miralax is dissolved. Drink an 8 ounce glass about every 15 minutes until half is complete. Put the remaining liquid into the refrigerator. Drink 1-2 liters of water or other liquid as tolerated.
- At 4 PM if stool isn't in liquid form take 4 more Dulcolax tablets.
- No eating or drinking after midnight.

Procedure Day:

- You may take your morning medications with a small sip of water, unless otherwise instructed.
- If you are a diabetic. Please discuss your medications with us.

**PLEASE DO NOT EAT OR DRINK ANYTHING BEFORE THE PROCEDURE OR
THE PROCEDURE WILL BE CANCELED AND A FEE OF \$250 WILL BE CHARGED!!**

**** You will receive anesthesia therefore you will need a person to take you to your destination.
Public transportation and taxi are not an option****

Please call with questions:

NJ MedCare Gastroenterology: Dr. Abdul Quadri

1150 Dickinson Street Elizabeth, NJ 07201: 908-354-8900

520 N. Wood Ave Linden, NJ 07036: 908-587-9300

635 Market St Newark, NJ 07105: 973-344-5454

550 Mt Prospect Ave Newark, NJ 07104: 973-482-4697

Acceptable Liquids before Procedure:

- Water
- Tea or plain coffee **(NO milk or cream products)**
- Clear juices, such as apple or white grape juice **(NO purple grape juice)**
- Lemonade or iced tea from a powdered mix
- Fruit flavored drinks, such as Kool-Aid, Crystal Light, etc. **(NOTHING RED OR PURPLE)**
- Carbonated beverages/soda
- Sports drinks, such as Gatorade, All-Sport, PowerAde, etc. **(NO red or purple drinks)**
- Fat-free broth/bouillon/consommé
- Fruit juices/Italian ices **(NO red or purple ices)**
- Sorbet **(NO red or purple flavors)**
- Popsicles **(NO milk or added fruit pieces. NO red or purple flavors)**
- Commercially-available clear liquid nutritional supplements, such as Enlive (apple and peach ONLY), Resource Breeze (orange and peach ONLY), or Carnation Instant Breakfast Juice Drink (NO regular Carnation Instant
- Honey or sugar
- Hard candy **NO red or purple candies**
- Jell-O **(NO red or purple candies)**