

Procedure Locations:

**David H Koch Building
Endoscopy Center**
1283 York Avenue, 8th Floor
New York, NY 10065

PURCHASING THE PREP

Before your colonoscopy, you will need to pick up & purchase the following prep items:

1. **MIRALAX**- Two Over-the-counter bottles of MiraLAX (238 grams) powder
2. **DULCOLAX**- Over-the-counter laxative tablet, called Dulcolax (not the stool softener type)- four (4) tablets
3. **GATORADE** - Two 32 oz. bottles of Gatorade (if you are **diabetic**, please use a clear diet beverage or diet Gatorade 0 Tw ()Tj-020edi10bl

Seven Days Before Your Exam:

Stop oral iron supplements. You can resume after your procedure.

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Five Days Before Your Exam:

Stop oral iron supplements. You can resume after your procedure.

Two Days Before Your Exam:

You can have a light breakfast

After Breakfast you can only have **clear liquids**, such as Jell-o, popsicles, broth, tea, black coffee and juice

The Day Before Your Exam:

No solid food for the entire day

You can only have **clear liquids**, such as Jell-o, popsicles, broth, tea, black coffee and juice

You cannot eat solid food until AFTER your exam

Water Black coffee or tea	Ginger ale and other Sodas
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You can buy these as needed from the Grocery Store

1 box Chicken Bouillon/broth

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1 bottle Ginger Ale or Clear Juice (No pulp)

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