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PATIENT INSTRUCTIONS FOR COLONOSCOPY WITH MIRALAX AND GATORADE PREPARATION

Patient Name: _____

Procedure Date: _____ Arrival Time: _____

LOCATION:
The Surgery Center of Beverly Hills
8750 Wilshire Blvd Suite 150
Los Angeles, CA 90048
(424)-382-1137

ONE WEEK BEFORE PROCEDURE:

Please do not take any ASPIRIN, MOTRIN, ADVIL, ALEVE, IBUPROFEN (or any other anti-inflammatory medications), TICLID, VITAMIN E, GINKO BILOBA, ST. JOHN'S WORT, VITAMINS CONTAINING IRON, PLAVIX, XARELTO, ELIQUIS, PRADAXA, SAVAYSA, BRILINTA, OR COUMADIN 7 days prior to the procedure. Instructions regarding PLAVIX, XARELTO, ELIQUIS, PRADAXA, SAVAYSA, BRILINTA, OR COUMADIN should be supplied by the physician who is following you on these medications. If you accidentally take one of the above medications, please call the office.

DAY BEFORE PROCEDURE:

1. NO SOLID FOOD ALL DAY BEFORE PROCEDURE, ONLY CLEAR LIQUIDS. You can have water, apple juice, white grape juice, white cranberry juice, black coffee, tea, Gatorade drinks, vegetable/chicken broth, gelatin, popsicles (both no red colored), soft drinks, and hard candy.
2. Follow instructions on the back of this page for mixing, preparing, and taking Miralax with Gatorade.
3. You may experience discomfort, abdominal distention, abdominal pain, nausea, vomiting, and/or headache.
4. NOTHING BY MOUTH AFTER MIDNIGHT.

OTHER INSTRUCTIONS:

1. You may take high blood pressure and/or heart medications the morning of the procedure with a small amount of water. For insulin, please consult with your primary doctor for instructions.
2. **YOU WILL NOT BE ALLOWED TO DRIVE YOURSELF HOME AFTER THE PROCEDURE. TAXI CABS ARE NOT ALLOWED UNLESS SOMEONE IS ACCOMPANYING YOU. PLEASE MAKE ARRANGEMENTS PRIOR TO THE PROCEDURE.**
3. Confirm your procedure with our office 24-48 hours prior to scheduled procedure.

OVER

COVID-19 TESTING:

If a COVID-19 test is needed, Cedars-Sinai offers drive-thru testing. A test should be scheduled 3-5 days prior to your procedure. After talking to our office, please call (310)-423-4674 to schedule an appointment. Thank you!

Instructions

1. You will need these items from a pharmacy:
 - a. **Miralax** – 1 large bottle (8.3 ounces or 238 grams)
 - b. **4 Dulcolax** or bisacodyl tablets (5 milligram tablets)
 - i. There may be store brands of these products that cost less. Ask the pharmacist to help you find what you need.
 - c. Buy one **large 64-ounce bottle** of a sports drink such as **Gatorade or a clear liquid of your choice (NOT RED)**. This will be used to mix your **Miralax** the day before your procedure. **DO NOT** use carbonated beverages.
2. Follow the schedule below for your bowel prep. You may need to get to the toilet right away. You will have many bowel movements through the day and they will become very watery. The bowels are clear or clean when there is only pale, yellow fluid without flecks of stool.

1:00PM Take 4 **Dulcolax** tablets with a drink of clear liquids.

Mix the **Miralax** in a 64-ounce bottle of Gatorade or other clear liquid of choice. Cap the bottle and shake the bottle to dissolve the powder. Most people prefer to drink the liquid chilled, so you may want to place it in the refrigerator.

5:00PM Start to drink the **Miralax** solution. Drink an 8 ounce glass every 20 to 30 minutes. Be sure to finish all of the liquid.

DO NOT drink anything else after **12 midnight**.

Scope Out Cancer