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PATIENT INSTRUCTIONS FOR COLONOSCOPY WITH MIRALAX AND GATORADE PREPARATION

Patient Name: _____

Procedure Date: _____ Arrival Time: _____

CEDAR SINAI MEDICAL CENTER
South Tower, GI Lab, 7th floor
8700 Beverly Blvd
Los Angeles, CA, 90048
(310) 423-6146

SURGERY CENTER OF BEVERLY HILLS
8750 Wilshire Blvd., Ste. 150
Beverly Hills, CA 90211
(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 next 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.

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. On the day prior to your procedure, 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.

COVID-19 PROTOCOL:

If you are having your procedure done at the **Surgery Center of Beverly Hills** and have been **fully vaccinated** for Covid-19, **please bring proof of vaccination** to your scheduled procedure.

If you have **not been fully vaccinated**, then a **Covid-19 test is required 3-6 days prior** to your procedure. Please **bring your COVID test results** with you to your scheduled procedure.

If you are having your procedure done at **Cedars Sinai Medical Center**, Cedars will contact you directly to **schedule a drive-through test prior** to procedure.

Scope Out Cancer