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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

ADVANCED SURGICAL CENTER OF BEVERLY HILLS
8750 Wilshire Blvd
Suite 150
Beverly Hills, CA 90211
(424) 382-1137

****PLEASE NOTE THAT PROCEDURE TIMES MAY CHANGE DEPENDING ON CANCELLATIONS AND SURGERY CENTER AVAILABILITY***

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.

FIVE DAYS BEFORE PROCEDURE: Do not eat any foods that contain seeds or nuts.

ONE 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.

INSTRUCTIONS:

1. You will need these items from a pharmacy:
 - a. **Miralax** – 1 large bottle (8.3 ounces or 238 grams)
 - b. 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.

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.

3:00PM 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**.

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.

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.

****IF A SITUATION ARISES OVER THE WEEKEND PERTAINING TO YOUR PROCEDURE, PLEASE DO NOT LEAVE A VOICEMAIL FOR OUR OFFICE. INSTEAD, PLEASE CONTACT THE SURGERY CENTER DIRECTLY AT (424) 382-1137; OUR OFFICE DOES NOT OPEN UNTIL 9AM ON MONDAY MORNING AND THEREFORE WILL NOT BE ABLE TO RELAY ANY MESSAGES UNTIL THAT TIME***

Scope Out Cancer