

San Diego Gastroenterology Medical Associates

A Medical Corporation

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4060 Fourth Avenue, Suite 240 San Diego, California 92103
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Miralax Prep Colonoscopy Instructions

Your procedure has been scheduled for _____

Check in time: _____ Procedure time: _____

Please register at:

- Scripps Mercy Hospital 4077 5 th Avenue
Check in at Outpatient Radiology on the FIRST (Main) floor (619) 260-7026
- San Diego Endoscopy Center 4033 Third Avenue Ste. 106 (619) 497-2888

One Week Before the Procedure

1. STOP using all iron and aspirin medications. If you are required to take an aspirin daily by your physician (i.e. for heart disease, stroke prevention), this may be continued.
2. If you take **Coumadin** or **Plavix**, please contact the doctor immediately for instructions. You may need to stop using these medications for 5-7 days before your procedure.
3. Please purchase a package of **Dulcolax Tablets** (you will need four 5 mg. tablets, a total of 20 mg.) and purchase One 238 gram bottle of Miralax and Two (2) 32 ounce bottles of Gatorade, any flavor NOT RED or PURPLE.
4. Arrange a ride home from the procedure. You will receive intravenous sedation and will not be able to drive for 18 hours following this procedure. PLEASE leave your valuables (except your insurance card) at home or with the person who accompanies you. You will need your insurance card.

The Day Before the Procedure

1. Starting when you awake the day before your procedure, eat no solid foods and drink clear fluids only. Clear fluids include:

Clear fluids include any of the following:		
Water	Clear liquid broth/bouillon	White cranberry
Lemonade	Coffee/tea	white grape juices
Ice Popsicles	Beer (one glass)	Apple juice
Jell-o (no fruit)	Gatorade	White wine (one glass)

DO NOT drink anything red or purple or any milk or dairy products.

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2. Drink an extra 8 ounces of clear liquid every hour while awake. **Gatorade is preferred.**
3. Mix 1/2 of the Miralax 238 gram bottle in **EACH** 32 ounce Gatorade bottle until dissolved and keep cold in the refrigerator.
4. **4PM** take 4 Dulcolax tablets with water and continue clear liquids.
5. **6PM** Begin drinking the Gatorade Miralax solution at a rate of 8 ounces every 15-30 minutes (over 1-2 hours) until the first bottle is gone.
6. 4 to 5 hours before the time your procedure is scheduled, take the second 32 ounce bottle, of Miralax in Gatorade.
7. **NOTE: you must take BOTH 32 ounce bottles of the Gatorade/Miralax solution as directed to clean your bowel adequately.** If you are passing clear liquid you must still take the entire dose the day before your exam. If you think the prep is not working, notify the office at 619-291-6064. **Do not take more than 238 gram dose of Miralax.**

NO SOLID FOOD

- You are encouraged to continue to drink clear liquids until you go to bed.
- You may apply a petroleum based product or diaper rash ointment to the rectal area if you experience discomfort from frequent stools.
- Confirm that you have a driver for your procedure.
- If your procedure is scheduled in the early morning, you'll need to get-up in the night to take this dose of preparation. the correct timing of this dose is essential to an effective preparation.
- You may, and should, drink clear liquids until 3 hours before your scheduled procedure time. Have nothing to eat or drink for 3 hours prior to the procedure.
- After the procedure you may eat your usual diet unless otherwise instructed. Drink 8 ounces of liquid at least 6 times after the procedure and before retiring for the night.

The Day of the Procedure

- Please bring the completed forms with you (If applicable).
- Wear comfortable, loose fitting clothing that is easy to step into. wear flat shoes or tennis shoes. **Do not bring valuables.**

IF YOU ARE DIABETIC READ THE FOLLOWING INSTRUCTIONS

- IF YOU TAKE INSULIN, **reduce the dose by 50%**
- IF YOU TAKE PILLS: do not take diabetes medicine until the procedure is over.
- Take other medicines 3 hours before the procedure or after you get home.
- **Bring a list of all your prescription and over-the-counter medications.**
- Do not drive for 18 hours after the procedure.

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- You can resume your normal diet unless discharge instructions indicated otherwise.

Important Reminders

- Please allow 2-2 1/2 hours for the procedure.
- No iron or aspirin products including Bufferin, Anacin and Excedrin for 7 days before the procedure.
- Motrin and Aleve are allowed up to 48 hours before the procedure.
- Tylenol is OK up until the day of the procedure.
- If you take insulin please take 1/2 of your usual dose the day before and 1/2 of your usual dose the day of the procedure. If you take diabetes pills, please don't take any the day before the procedure.
- The Physician's fee is separate from the facility fee. There may also be a pathology fee.
- Please verify with your insurance company that an authorization is not required for this outpatient procedure.
- Please be aware that some insurance companies do not cover screening procedures.
- Please call the office with any questions or concerns **(619) 291-6064**.

√**You must cancel 2 working days in advance to avoid any charges.**