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## Miralax Extended Colonoscopy Prep Instructions

### Please note:

- Due to sedation, patients are not allowed to leave on their own. A responsible adult must drive you home from the procedure. You are not allowed to drive, take a taxi or a car service.
- Nothing by mouth **3 hours** prior to your procedure.
- A COVID-19 test is required if not fully vaccinated, within 4 days of the procedure.
- You may have deductibles and/or co-pays due. Please call your insurance company to verify your benefits prior to the procedure.
- The average visit is about 2-3 hours.
- Arriving late or without a driver may require cancelling and rescheduling your procedure.
- Wear comfortable clothing and shoes that are easily removed.
- Please do not bring any valuable items with you on the day of your procedure.
- If you need to reschedule your procedure date, please call our main office (310) 829-6789.
- If you cancel your appointment without a 48 hour notice you will be charged a \$300.00 nonrefundable cancellation fee for a single procedure and \$400 for a double procedure.

### Your Appointment:

Name \_\_\_\_\_

Date \_\_\_\_\_ Time \_\_\_\_\_

Arrival Time \_\_\_\_\_

Procedure Scheduled: Colonoscopy

### Location:

Endoscopy Center of Southern California  
Parkside West Building  
2336 Santa Monica Blvd. Suite 204  
Santa Monica, CA 90404  
(310) 453-4477

## Preparing for your procedure

For the doctor to perform a colonoscopy, a bowel “cleanout” must be completed at home prior to the procedure. A bowel clean out is a combination of a clear liquid diet and oral laxatives. **All these items can be obtained at your local pharmacy without a prescription.**

### You will need to purchase:

- One 238 gram bottle of Miralax (or its generic) laxative
- Dulcolax tablets, you will use four tablets
- 2 quarts or 64 oz of any clear liquid
- 1 bottle of magnesium citrate 10 oz. (any clear flavor)

### **🚫 5 days before your procedure avoid high fiber foods and fiber/iron supplements such as:**

<ul style="list-style-type: none"> <li>• Popcorn</li> <li>• Beans</li> <li>• Seeds</li> <li>• Multigrain bread</li> <li>• Nuts</li> <li>• Salad/Vegetables</li> <li>• Fresh and dried fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Metamucil</li> <li>• Citrucel</li> <li>• Benefiber</li> <li>• Whole grains</li> <li>• Do not take any iron pills or vitamins containing more than 15mg of iron</li> </ul>
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### **Medications:**

Some of the medicines you take may need to be stopped or adjusted temporarily before your colonoscopy such as **blood thinners** (Plavix, Coumadin, Xarelto etc.) and **diabetes** medications. Please make sure to discuss with your prescribing physician or the specialist performing the procedure prior to your procedure date.

## The day before your procedure

**You will need to be on a clear liquid diet starting at 7pm two days prior to your procedure, 🚫 no solid food.** Below is a chart of examples of drinks you can have and what to avoid.

<b>OK TO DRINK</b>	<b>🚫 NO – AVOID THESE</b>
<p>All light colors, <u>NO red or purple.</u></p> <ul style="list-style-type: none"> <li>• Water</li> <li>• Tea and black coffee without any milk, cream, or lightener</li> <li>• Flavored water</li> <li>• Clear juices such as apple, white grape, lemonade without pulp, and white cranberry</li> <li>• Clear broth</li> <li>• Clear soda</li> <li>• Sports drinks such as Gatorade and Propel</li> <li>• Popsicles without fruit or cream</li> <li>• Jell-O or other gelatin without fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Milk</li> <li>• Smoothies</li> <li>• Cream</li> <li>• Orange juice</li> <li>• Grapefruit juice</li> <li>• Tomato juice</li> <li>• Soup (other than clear broth)</li> <li>• Cooked cereal</li> <li>• <u>Juice, Popsicles or gelatin with red or purple dye</u></li> </ul>

## Bowel Preparation



### Option 1 - Morning Procedure (Before 12 noon):

#### **2 days before your procedure -**

- At 7 pm take 1 bottle of magnesium citrate

#### **The day before your procedure -**

- At 2 pm take two Dulcolax tablets
- At 3 pm mix half of the 238g bottle of Miralax (7 of the 17-gram dose) with one quart of any clear liquid in a large pitcher. Stir until the Miralax is completely dissolved. Drink one 8oz glass every 15min
- If you feel nauseated, stop drinking the solution for one hour, but you will need to drink all within 2 hours
- At 6 pm take 2 Dulcolax tablets
- At 7 pm mix half of the 238g bottle of Miralax (7 of the 17-gram dose) with one quart of any clear liquid in a large pitcher. Stir until the Miralax is completely dissolved. Drink one 8oz glass every 15min

### Option 2 – Afternoon Procedure (12 noon and on):

#### **2 days before your procedure -**

- At 7 pm take 1 bottle of magnesium citrate

#### **The day before your procedure -**

- At 2 pm take two Dulcolax tablets
- At 3 pm mix half of the 238g bottle of Miralax (7 of the 17-gram dose) with one quart of any clear liquid in a large pitcher. Stir until the Miralax is completely dissolved. Drink one 8oz glass every 15 min
- If you feel nauseated, stop drinking the solution for one hour, but you will need to drink all within 2 hours

#### **The morning of your procedure -**

- 6 hours prior, take 2 Dulcolax tablets
- One hour after mix half of the 238g bottle of Miralax (7 of the 17-gram dose) with one quart of any clear liquid in a large pitcher. Stir until the Miralax is completely dissolved. Drink one 8oz glass every 15 min
- Finish 4 hours prior to your procedure

You may take your morning medications with sips of water. Be sure to take them at least 4 hours before your scheduled appointment time.

**⊘ NOTHING BY MOUTH, STOP ALL LIQUIDS 3 HOURS BEFORE PROCEDURE, THAT INCLUDES WATER.**