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## Miralax 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

**🚫 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 for 24 hours 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):

#### **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):

#### **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.**