



## COLONOSCOPY WITH MIRALAX/GATORADE/CRYSTAL LIGHT PREP (A.M.)

Patient Name: \_\_\_\_\_ Procedure Date: \_\_\_\_\_

### YOUR BOWEL PREP IS EXTREMELY IMPORTANT! PLEASE READ INSTRUCTIONS CAREFULLY


#### In Advance, Before Procedure

- **Purchase:**  
MiraLAX, 238g bottle  
Dulcolax, 4 (5mg)  
tablets  
Gatorade or Crystal  
Light, 64 oz  
(No red or purple).
- **Arrange:**  
For a responsible adult  
to stay with you during  
the procedure and drive  
you home after the  
procedure.
- **Last Day to Cancel:**  
Call the office if you  
need to reschedule your  
appointment or if you  
have any questions:  
(951) 652-2252


#### 3 Days Prior Date: \_\_\_\_\_

- **Confirm:**  
Confirm with an  
adult that you have  
arrangements to be  
driven home after  
procedure.
- **Stop taking these  
medications:**  
Coumadin (Warfarin)  
  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
  
If you have Co-Pay,  
we will call you prior  
to your procedure to  
inform you. **Your Co-  
Payment is due at the  
time of service. CASH,  
CREDIT CARD, DEBIT  
or MONEY ORDER  
only.**

#### 2 Days Prior Date: \_\_\_\_\_

- **Hydrate:**  
At least 4 large glasses  
of water throughout the  
day!  
  
  
**NO SOLID FOODS  
AFTER MIDNIGHT  
AND UNTIL  
DISCHARGED FROM  
PROCEDURE!!**
- **Stop taking these  
medications:**  
Pradaxa (Dabigatran)  
Xarelto (Rivaroxaban)  
Eliquis (Apixaban)  
  
If we have not called  
you to tell you your  
Co-Pay, please call our  
office (951) 652-2252.

#### Preparation Day Date: \_\_\_\_\_

- **8:a.m.:** Begin clear liquid  
diet, no milk, no dairy, no  
orange or red juices.
- **Hydrate:** Drink at least  
4 large glasses of water  
throughout the day.  
  

- **3 p.m.:** Take 2 Dulcolax  
tablets
- **4 p.m.:** Mix 238g of MiraLAX  
in 64oz of Gatorade/Crystal  
Light. Shake to dissolve. Drink  
one glass every 15 minutes  
until 1/2 the solution is gone,  
and then set aside.
- **5 p.m.:** Take the last 2 Dulcolax  
tablets
- **8 p.m.:** Drink the second half  
of the MiraLAX/Gatorade  
mixture.  
  
If you experience nausea or  
vomiting, take a 30 minute  
break then continue prep.
- **Stop taking these  
medications:**  
Lovenox (Enoxaparin)  
Arixtra (Fondaparinux)

#### Procedure Day Date: \_\_\_\_\_

- You may take your  
essential morning  
medications with a **FEW  
SMALL SIPS** of water.
- **NO DRINKING at  
least 4 hours before  
procedure, this  
includes water!**
- **Bring:**  
Responsible driver,  
Insurance Card, Photo  
ID, any Co-Pay fees.
- **Note:**  
The quality of your prep  
is the one thing you can  
control and will give the  
doctor the best view  
possible without having  
to repeat the procedure.

You will receive a call from our office the evening prior to your appointment.  
Monday-Friday between 12:00 p.m. - 3:00 p.m. for your procedure check-in time.

Initials:  Your initials  
confirm that you  
have been given  
this information.



## PLEASE OBSERVE THE FOLLOWING INSTRUCTIONS

- Co-Payment or any money due prior to your procedure must be paid in cash, credit or money order.
- The entrance to the Hemet Endoscopy Center is around the **back** of the parking lot, Suite #104.

### Diabetic and Weight Loss Medications Guidelines

#### ➤ Discontinue all **blood thinners** below:

Coumadin (Warfarin)	3 days prior to procedure
Plavix (Clopidogrel)	7 days prior to procedure
Lovenox (Enoxaparin)	24 hours prior to procedure
Arixtra (Fondaparinux)	24 hours prior to procedure
Pradaxa (Dabigatran)	2 days prior to procedure
Xarelto (Rivaroxaban)	2 days prior to procedure
Eliquis (Apixaban)	2 days prior to procedure

#### ➤ If **Diabetic** please follow these guidelines:

If taking Lantus or long acting Insulin, take only a 1/2 dose at midnight before your procedure, and

**bring Insulin with you the day of procedure.**

Glimepiride (Amaryl) hold day of procedure

Glucotrol (Glipizide) hold day of procedure

Glucophage (Metformin) hold day of procedure

Actos (Pioglitazone)

Invokana (Canaglifl ozin)

#### ➤ **Weight Loss Medications**

- Ozempic
- Monjaro
- Rybelsus
- Wegovy
- Semaglutide

**Instruction:** *These all need to be stopped 1 week prior to procedure.*

- Begin Clear Liquid Diet at 8:00 a.m. the day before your procedure.

**ABSOLUTELY NO SOLID Foods!** No milk or dairy products, no orange juice, no red or purple juices or candy.

#### **Clear** Liquid Diet:

➤ WATER!

➤ Chicken Broth

➤ Beef Broth

➤ Vegetable Broth

➤ Tea or Coffee (NO cream or milk)

➤ Flavored teas

➤ Hard Candy

➤ Jell-o (No Red or Purple)

1. Clear Soft Drinks (Sprite, 7-Up)

2. Apple or White Grape Juice

3. Popsicles (NO red or purple)

4. Gatorade

- **ABSOLUTELY NO EATING OR DRINKING THE DAY OF YOUR PROCEDURE**

- **Cancellation Policy:** We require a minimum of 4 working days notice of cancellation or there will be a minimum charge of \$200. **IF YOU DO RESCHEDULE YOUR APPOINTMENT MORE THAN TWICE YOU WILL HAVE TO GO BACK TO YOUR PRIMARY CARE PHYSICIAN.**

- Do not plan on working or driving the rest of the day following your procedure due to sedation given during the procedure.

- **Plan to be in the facility for up to 3 hours for your procedure.**

- **If the Surgery Center waiting room is full, there is extra seating available to patients and drivers in the main lobby located in Suite 101.**

- Please Provide a contact number for procedure confirmation. (\_\_\_\_)\_\_\_\_-\_\_\_\_\_

Initials:

Your initials confirm that you have been given this information.