

# Colonoscopy Prep Instruction: MiraLax

Appointment Date:

Arrival Time:

Premier Surgery Center: 2222 East Street, Ste:200, Concord, CA 94520

Executive Surgery Center: 1320 El Capitan Dr, Danville Ste: 100, CA 94526

General Information	5 DAYS PRIOR----2 DAYS PRIOR	1 DAY PRIOR	Day of Procedure
<p>5 BUSINESS DAYS PRIOR: Last chance to cancel appointment or you will be charged a <b>LATE CANCELLATION FEE</b> of <b>\$250.00</b>.</p> <p>Check with insurance in advance to see if you need a referral or pre-approval for your procedure.</p> <p>Please leave jewelry, money, and other valuables at home.</p> <p>If you have an ostomy, we recommend bringing extra ostomy supplies with you.</p> <p>If you have an electronic stimulator, bring your wand/device to turn off your stimulator.</p> <p>Arrange Ride Home: No sedation could be administered without a rider home per California law. Self-Rider on Uber, BART, taxi, limousines, and public transportation are NOT allow</p> <p><b>Supplies:</b></p> <ul style="list-style-type: none"> <li>• <b>MiraLAX (Over The Counter), 119gm (7 dose) bottle, buy 3 bottles</b></li> <li>• <b>28oz or 32oz Bottle of Gatorade(yellow or original only/no other colors), buy 3 bottles</b></li> </ul>	<p>From This Day On, Until The Procedure: <b>NO small seeds</b> such as tomato products or sesame seeds.</p> <p>Diabetic medications, particularly the dose of Insulin should be adjusted when you are fasting for bowel prep. Please contact your primary care physician for adjustment.</p> <p>Some medications could be associated with excessive bleeding related to GI procedures such as upper endoscopy, sigmoidoscopy, colonoscopy, hemorrhoid band ligation, etc. It is your responsibility to check them with your doctor since there are so many of them and many more were over the counter drugs and might not be listed on your medication list.</p> <p>In general the following classes of the medications should be stopped prior to GI procedures.</p> <ol style="list-style-type: none"> <li>1. Antiplatelet medications: Those were prescribed for cardiovascular disease (heart disease, stroke, etc), such as Plavix, Aspirin, etc. Stop them for 5 days.</li> <li>2. Non-steroidal antiinflammatory drugs (NSAIDs): for example, Ibuprofen, Naproxen, Advil, Motrin, Nuprin, Indomethacin, Celebrex, Aggrenox, etc. Stop them for 5 days.</li> <li>3. Anticoagulation or blood thinners for blood clot or deep venous thrombosis (DVT), atrial fibrillation (A-fib) or stroke etc. <ul style="list-style-type: none"> <li>● Coumadin – stop for 5 days.</li> <li>● Pradaxa – stop for 2 days (for 4 days if you have chronic kidney disease or CKD).</li> <li>● Lovenox, Heparin, Xarelto/Eliquis/Savaysa – stop for 24 hours (48 hours if you have CKD).</li> </ul> </li> </ol> <p>If you have implantable cardiology devices (defibrillator or pacemaker), notify the office as a device clearance is needed from your cardiologist. Some of the medications might be critical and could not be held, such as Plavix or Aspirin after stent placement. You need to consult your cardiologist or the doctor who prescribed them.</p> <p>Please call us, your cardiologist, or primary care physician if you have any concerns.</p> <p><b>If you have severe constipation, call the office for advice (925) 776-7600.</b></p>	<p><b>Entire Day:</b> Clear liquid only (<b>NO FOOD !</b>): clear fruit juice without pulp such as apple juice, white grape juice, broth, Gatorade (No Gatorade Frost), popsicles, coffee or tea without cream.</p> <p><b>No Jell-O. No milk, NO red, blue, or purple colors.</b></p> <p><b>NO ALCOHOL</b></p> <p><b>10 AM:</b> Mix 1st entire 119gm (7 dose) bottle of MiraLax together with entire 28oz or 32oz bottle of Gatorade. Drink one 8oz glass every 20 minutes as tolerated. Finish 4 glasses until it is gone.</p> <p><b>6 PM:</b> Mix 2nd entire 119gm (7 dose) bottle of MiraLax together with entire 28oz or 32oz bottle of Gatorade. Drink one 8oz glass every 20 minutes as tolerated. Finish 4 glasses until it is gone.</p> <p>What to expect: It may take several hours before you have multiple bowel movements. Expect lots of diarrhea. *This is normal*</p>	<p>Early morning: take your usual prescribed medication except for blood thinners, insulin or oral diabetic medication, unless told otherwise by your doctor. OK to continue clear liquid diet.</p> <p><b>6 HOURS PRIOR TO YOUR CHECK IN TIME:</b> Mix 3rd entire 119gm (7 dose) bottle of MiraLax together with entire 28oz or 32oz bottle of Gatorade. Drink one 8oz glass every 20 minutes as tolerated. Finish 4 glasses until it is gone. DO NOT stop the prep even if you think your stool is clear, as fecal matter often comes out intermittently. A good prep should result in CLEAR yellowish watery stool (not cloudy) that looks like clear urine.</p> <p><b>Two HOURS PRIOR TO YOUR CHECK IN TIME ABSOLUTELY NOTHING BY MOUTH (e.g. gum, hard candy, chewing tobacco, water, etc.).</b></p> <p><b>AGAIN, be sure to bring:</b></p> <ul style="list-style-type: none"> <li>• Medication list</li> <li>• A driver</li> <li>• Phone ID/Insurance Card</li> <li>• Eyeglasses/Hearing aids</li> </ul> <p>You <b>CANNOT</b> drink alcohol or drive for 12 hours after the test.</p>