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BOARD CERTIFIED GASTROENTEROLOGY / HEPATOLOGY

**\*If you have a cardiac condition or are under the care of a Cardiologist you MUST get Clearance from that MD before your colonoscopy.**

### **1 WEEK BEFORE YOUR PROCEDURE:**

- Eight (8) days before your exam stop taking aspirin or products with aspirin such as Excedrin and Anacin. Also stop Motrin, Advil, Ibuprofen, Nuprin, Aleve, Naprosyn. (Tylenol is OK )
- IF YOUR CARDIOLOGIST PERMITS IT, stop taking blood thinners such as Coumadin or Plavix four (4) days before your exam. \*
- Continue all your regular medications until the day of your procedure.
- If you are scheduled at the hospital please call the hospital to pre-register at (310) 517-4754 least 3 days before you are scheduled for the procedure.

### **THE DAY OF YOUR PROCEDURE:**

- Take all medications with a sip of water the morning of your procedure (except for diabetic medications - they should NOT be taken the morning of your procedure).
- Do not eat any solid foods.
- Follow the colon cleanse preparation instructions on page 2.

### **DURING YOUR PROCEDURE:**

- You MUST have a responsible adult to drive you on the day of your exam, **you can NOT take a taxi or SCAN home** without another adult with you. You will not be able to drive, work or perform any of your normal duties that day due to the sedation you will receive during the procedure.  
*YOUR PROCEDURE WILL BE CANCELLED IF YOU DO NOT HAVE A RESPONSIBLE PERSON TO ACCOMPANY YOU HOME.*
- Bring with you a valid I.D., your insurance card and required co-payment, if any.
- Wear comfortable, loose fitting clothes. Do not bring or wear any valuables.
- Bring a list of medications which you have taken in the last two weeks. Give it to the nurse who interviews you. The nurse will also review your medical history, including any surgeries or illnesses you have had in the past.
- If you are diabetic and able to take your own blood sugar, please do so the morning of your procedure and tell the results to the nurse who interviews you.

Call the office at (310) 375-1246 if you have questions or need to re-schedule your appointment.

**Digestive Care Consultants | (310) 375-1246**  
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## **Gatorade/Miralax Prep for Colonoscopy Scheduled after 1:30PM**

***If you have cirrhosis, congestive heart failure or kidney failure you should NOT take this prep and use the Golytely Prep instead (contact us since a prescription is required).***

We want your procedure to go as smoothly as possible. In order for that to happen, there some tips we have included in this bowel prep sheet. Now, here's what to do to get ready:

### **3 DAYS BEFORE YOUR PROCEDURE:**

- **Obtain Miralax from your pharmacy.** Miralax comes different sizes purchase a 8.3 oz bottle. No prescription is needed for Miralax or Dulcolax
- **Obtain Dulcolax Laxative (not stool softener) from your pharmacy.** You need a total of 4 Dulcolax laxative tablets. It is okay to substitute brand name Dulcolax with a less expensive generic. No prescription needed.
- **Obtain a total of 64 ounces of Gatorade.** You can either buy one 64 ounce bottle or two 32 ounce bottles.  
\***Avoid red, or purple colors.** These can make it harder for the doctor to perform an accurate exam.  
\* If you have diabetes or need to watch your salt intake, you can try "G2" (low calorie Gatorade) or "Powerade Option" as another choice.

### **2 DAYS BEFORE YOUR PROCEDURE:**

- **Avoid nuts, seeds and salads.** These make it harder for your doctor to perform an accurate exam.

### **1 DAY BEFORE YOUR PROCEDURE:**

- **Follow a clear liquid diet beginning after lunch (approx 1pm).** A clear liquid diet includes water, coffe, tea, soda, broth or clear juice like apple juice or white grape juice. NO milk products or solid food after 1PM.
- **Swallow 2 of the Dulcolax tablets at bedtime**

### **DAY OF YOUR PROCEDURE:**

- **6:00AM - Swallow the other 2 Dulcolx tablets.**
- **IGNORE THE INSTRUCTIONS ON THE MIRALAX BOTTLE and follow the following instructions for mixing.**
- **Mix the entire 8.3 oz of Miralax with 64 oz of Gatorade at about 6:00am and begin drinking.**
  - Once you mix the Miralax powder into the Gatorade, make sure you shake it up so it is fully dissolved.
  - Start drinking 8 ounces of the mix every 10 minutes. If you start to feel nauseated you can drink the mix more slowly. Some people find that walking around relieves the nausea.
  - You will begin to have diarrhea usually within 1-2 hours after drinking the mix. Although this is unpleasant, it allows the doctor to perform an accurate exam.
  - You can continue to drink clear liquids up until 3 hours before your procedure.

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OVERVIEW:

3 Days before	2 Days before	1 Day before	Day of Procedure
<ul style="list-style-type: none"> <li>• Buy Miralax</li> <li>• Buy Dulcolax</li> <li>• Buy Gatorade</li> </ul>	<ul style="list-style-type: none"> <li>• No nuts, seeds, or salads</li> </ul>	<ul style="list-style-type: none"> <li>• Clear liquid diet after 1:00 pm</li> <li>• Take 2 Dulcolax tablets at bedtime</li> </ul>	<ul style="list-style-type: none"> <li>• <b>NO SOLID FOODS</b></li> <li>• 6:00 AM - take 2 Dulcolax tablets</li> <li>• 6:30 AM - Mix the entire 8.3 bottle of Miralax and 64 ounces of Gatorade.</li> <li>• Drink 8 ounces of Miralax Mix every 10 minutes until you have finished ALL 64 ounces</li> <li>• Nothing to eat or drink beginning 3 hours before procedure.</li> </ul>



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## Clear Liquid Diet

The day before your colonoscopy you will be asked to follow this clear liquid diet. Clear liquids are easily digested and leave no residue in the intestinal tract. Clear liquids will also keep your body hydrated.

What are clear liquids? A good rule-of-thumb is anything you can see through that is not red or purple is probably alright. The list below will also help guide you. Remember, DO NOT DRINK ANYTHING RED OR PURPLE.

### **I. BEVERAGES**

- a. WATER
- b. COFFEE, TEA (NO MILK OR CREAMERS)
- c. FRUIT JUICES (NO PULP OR NECTARS)
- d. SPORTS DRINKS (GATORADE, POWER AIDE)
- e. SOFT DRINKS (7-UP, SPRITE, GINGER ALE, KOOL-AID, CRYSTAL LIGHT)

### **II. SOUPS**

- a. CHICKEN BROTH / CONSOMME
- b. BEEF BROTH/ BOUILLON
- c. VEGETABLE BROTH

### **III. DESSERTS**

- a. JELL-O (LEMON & ORANGE ARE BEST, LIME IS OK)
- b. POPSICLES (NO SHERBERTS, FRUIT BARS WITH PULP)
- c. HARD CANDIES

### **DO NOT EAT**

NO solid food, vegetables  
NO bread, cereal, grains, pasta, rice  
NO milk or dairy products  
NO meat, chicken or fish  
NO nuts or tofu  
NO oils, butter, margarine  
NO whole fruits