



NORTH VALLEY GASTROENTEROLOGY MEDICAL GROUP  
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YOUR PHYSICIAN:             DR. KAPOOR     DR. CHOW     DR. DOMA     DR. KIM

## MIRALAX PREPARATION SCHEDULE

Patient Name: \_\_\_\_\_ Date of Procedure: \_\_\_\_\_  
Time: \_\_\_\_\_

Place:     The Endoscopy Center     Rideout Memorial Hospital

**IF YOUR PROCEDURE IS AT THE ENDOSCOPY CENTER: PLEASE READ RIGHT AWAY!**

1. Call your insurance company to verify benefits at The Endoscopy Center.
2. Please do not arrive any earlier than your scheduled time, as a bed may not be available.
3. Your procedure will start approximately 30 minutes after your scheduled arrival time.
4. Your length of stay will be approximately 2-4 hours.
5. You will need to bring a list of all medications you are taking.
6. If you wear reading glasses, please bring them. You need them to read your consent and discharge instructions.
7. Wear comfortable clothing- you will be given a patient gown to wear for the procedure.
8. It would be best to leave your valuables at home.
9. If you normally wear a pad for urine or stool incontinence, you may want to do so after the procedure.

### Pharmacy supplies:

1. One 64-ounce or two 32-ounce bottles of Gatorade®, Propel®, Crystal Light® or other noncarbonated clear liquid drink (no red colors). If you have diabetes, you may use sugar-free Gatorade
2. MiraLAX® 238 grams (8.3 ounces) powder or generic polyethylene glycol 3350 (can find in laxative section).
3. Dulcolax tablet (Four tablets) Over the counter
4. Gas X tablets (Four tablets) Over the counter

**SPECIAL INSTRUCTIONS AND RESTRICTIONS:**

1. Let your doctor know if you are on any blood thinners such as Plavix, Pradaxa, Effient, Prasugrel, Aggrenox, Warfarin, Eliquis, Xarelto or Iloprost. **PLEASE CALL YOUR PRESCRIBING DOCTOR BEFORE HOLDING.**  
  
Hold the blood thinners --- days before procedure after permission from prescribing doctor.
2. **DO TAKE YOUR BLOOD PRESSURE AND HEART MEDICATIONS.**
3. **Insulin and Diabetes Pills:** If you are a diabetic, it is important to monitor your blood sugar while doing the bowel preparation. You should take only ½ of your usual dose of insulin or pills on your prep day. You should not take any diabetic medications on the day of your procedure. Please be sure to check your blood sugar at home at all meals, at bedtime and on the morning of your exam.
4. Please bring only ONE person as space is limited. **CHILDREN ARE NOT ALLOWED.**
5. **YOU WILL NEED A DRIVER** the day of your procedure and someone to stay with you. You will be sedated for your procedure and likely to be sleepy. You **MUST NOT DRIVE** (it is illegal and unsafe), operate machinery, use stove/oven, make important decisions, or sign important papers for 24 hours. (We cannot send you home in a taxi.)
6. Your Physician will speak to you and your driver between procedures. Because of the medication you may not remember your doctor talking to you. This makes it very important that your driver be present to hear what the doctor has to say.

**Day Before Exam: Clear liquids only.**

⇒ *Clear liquids or broth may be taken all day long. Black coffee, tea, soda, juice, popsicles, or Jell-O are allowed.*

***NO MILK OR MILK PRODUCTS-NOTHING COLORED RED!!!***

- In a pitcher mix the 8.3 ounces of MiraLAX® with the 64 ounces of Gatorade®. Stir/shake the contents until the entire contents of MiraLAX® are completely dissolved. Chill if desired. Do NOT add ice, sugar or any other flavorings to the solution.

**At 12 P.M. \*DAY BEFORE THE TEST\*:** Take four dulcolax tablets.

**At 5 P.M. \*DAY BEFORE THE TEST\*:** drink the first half of the Gatorade®/MiraLAX® solution. Drink one 8-ounce glass every 10 minutes. You may drink it directly or through a straw. Take two Gas X tablets.

**At 12 A.M. \*MORNING OF THE TEST\*:** Take the second half of the Gatorade®/MiraLAX® solution. Drink one 8-ounce glass every 10 minutes until completed.

Take two Gas X tablets.

**Continue to drink a clear liquid up until four hours before your colonoscopy (Nothing to drink the four hours before the exam).**

**If you vomit or can't drink the solution, please call the office at 671-3671.**

**PLEASE DO NOT WAIT UNTIL THE MORNING OF THE PROCEDURE TO CONTACT THE DOCTOR**

**IF YOU HAVE ANY PROBLEMS OR QUESTIONS!!! Please call us ANYTIME at 671-3671**