









## Colonoscopy Miralax Prep Instructions AM

**DATE/TIME OF PROCEDURE – PLEASE CHECK THE EMAIL THESE INSTRUCTIONS WERE ATTACHED TO**

\*\*Your Arrival time is subject to change. The Surgery Center will contact you approximately 2 days before your procedure to confirm Arrival Time\*\*

**LOCATION:** East Bay Endosurgery Center  
300 Frank H. Ogawa Plaza, Suite 135, Oakland, CA 94621  
Phone: (510) 893-1600

**LATE CANCELLATION (LESS THAN 3 DAYS) FEE OF \$200** – If you need to cancel, please call (510) 444-3297

| What to Do<br>7 days Prior to Procedure  | What to do 5 days<br>prior to Procedure   | What to do the day<br>before your procedure   | On The Day of the<br>Procedure  |
|--|---|---|---|
| <div style="text-align: center;"></div> <p>You will need to buy the following medications:</p> <ul style="list-style-type: none"> <li>- Miralax 510 grams (17.9 oz) powder or generic polyethylene glycol 3350 (can find these in the laxative section of the store.</li> </ul> <p style="text-align: center;">AND</p> <ul style="list-style-type: none"> <li>- One (1) gallon of water, Gatorade, Propel, Crystal Light or other noncarbonated clear liquid (no red color)</li> </ul> <p style="text-align: center;">AND</p> <ul style="list-style-type: none"> <li>- Four (4) Simethicone tablets (i.e. Gas-Ex)</li> <li>- Four (4) Bisacodyl 5 mg tablets</li> <li>- If you are diabetic, you may use sugar-free choices</li> </ul> <p>Review your prep instructions thoroughly.</p> <div style="text-align: center;"></div> <p><b>Please continue all medications including aspirin.</b> If you are taking a blood thinner, please contact the prescribing physician for instructions.</p> | <div style="text-align: center;"></div> <p>STOP eating any raw vegetables or vegetables containing seeds, fruit with seeds or skin, corn, popcorn, nuts, quinoa, beans, and seeds.</p> <div style="text-align: center;"></div> <p>Please arrange a driver to take you home. This needs to be family or a friend. Uber, Lyft, and taxi are only allowed if you have a family or friend accompany you. You will not receive sedation without a family or friend available to drive you home. All rides must be available by 3:30pm.</p> <div style="text-align: center;"></div> <p>If you are taking insulin for diabetes, you will receive separate instructions.</p> | <div style="text-align: center;"></div> <p style="text-align: center;"><b>NO SOLID FOODS</b></p> <p>Clear Liquids only all day.</p> <p><b>9am</b> – Prepare one (1) gallon of preferred clear liquid with 16 capfuls of Miralax. Stir until dissolved. Chill if desired.</p> <p><b>2pm</b> – Drink first half of the Miralax solution (64 ounces or 8 cups). Drink one (1) 8-ounce glass every 15 minutes until complete.</p> <p>Take two (2) 5 mg Bisacodyl tablets and two (2) 125 mg Simethicone tablets (i.e.-Gas Ex) followed by (2) 8 oz. glasses of water.</p> <p><b>7pm</b> – Drink the second half of the Miralax-Gatorade solution. Drink one (1) 8-ounce glass every 15 minutes until completed.</p> <p>Take two (2) 5 mg of Bisacodyl and two (2) 125 mg Simethicone tablets (i.e.-Gas Ex) followed by (2) 8 oz. glasses of water.</p> <p>After you are finished with the solution, continue clear liquids only.</p> | <div style="text-align: center;"></div> <p>Drink plenty of water and clear liquids throughout the day to avoid dehydration.</p> <p>Nothing by mouth starting two (2) hours prior to your Arrival Time. No Gum or hard candy.</p> <p>If you take daily medication, please take with a small sip of water at least two (2) hours before your arrival time, unless otherwise instructed.</p> <div style="text-align: center;"></div> <p style="text-align: center;"><b>Reminders</b></p> <ul style="list-style-type: none"> <li>• If you use an inhaler, bring it with you to your procedure</li> <li>• Please do not wear any jewelry and remove piercings</li> <li>• Bring insurance cards</li> <li>• Be prepared to pay your copay</li> </ul> |

Your ride will not be able to stay here after you are dropped off, but we will need a phone number for them to pick you up after your procedure. Most patients are ready for pick up approximately two (2) hours after dropping off; however, medical procedure timing is unpredictable, and this may vary. Please do not make any time-sensitive commitments shortly after your procedure.

If you have had any procedures, started any new medications, or had a change in your medical status since scheduling this procedure, please contact our office at  
(510) 444-3297

**\*Clear Liquid Diet Details: NO RED COLOR. NO DAIRY**

**Approved:** Clear sodas, black coffee, tea, clear juices, clear fitness waters, chicken broth, vegetable broth, beef broth, Gelatin, Popsicles without pulp, sorbet without pulp



**Avoid** No milk/dairy No juices with pulp Popsicles with pulp **NO RED COLOR.**

