

MIRALAX COLONOSCOPY PREP INSTRUCTIONS

Your colonoscopy will take place at:

Golden Gate Endoscopy Center (415-379-7500)
3370 Geary Blvd. (between Commonwealth and Parker)

Your colonoscopy is scheduled for: _____

Please arrive at the endoscopy center at: _____

Your approximate discharge time will be: _____

7 DAYS BEFORE YOUR COLONOSCOPY

- Make sure you have the **prep kit** that contains the Dulcolax (Bisacodyl) tablets, Simethicone tablets and Miralax (clearlax).
- Confirm your ride for the day of your procedure. You **MUST** arrange a ride home on the day of your procedure. No public transportation, taxi, Uber or Lyft allowed! An alternative option is to use a medical ride service company; ask our staff for information.
- If you take blood thinners (Coumadin/warfarin, Plavix, Pradaxa, Eliquis, Xarelto), review instructions for holding or continuing the medication.

5 DAYS BEFORE YOUR COLONOSCOPY

- Review diet instructions and plan your meal
- Complete paperwork for the Endoscopy Center.
- **Last chance to cancel/reschedule your procedure appointment without incurring a CANCELLATION FEE of \$200**

3 DAYS BEFORE YOUR COLONOSCOPY

- **STOP** eating any raw vegetables or vegetables containing seeds (cooked vegetables are OK). No corn, popcorn, nuts, seeds, and stop any fiber supplements until after the colonoscopy.

TIP: Avoiding seeds, nuts, and fibrous foods will yield a more effective bowel cleansing and allows your doctor to perform a more thorough examination.

2 DAYS BEFORE YOUR COLONOSCOPY

- Increase your fluid intake, drink a minimum of 8 glasses of clear liquids.

1 DAY BEFORE YOUR COLONOSCOPY

▪ For patients with Diabetes: The day prior to your colonoscopy, only take half the dose of your diabetic medications. DO NOT take any long acting insulins (for example, Lantus) the night before your colonoscopy.

▪ Begin a "Clear Liquid Diet."

ITEMS TO PURCHASE OVER THE COUNTER AT ANY LOCAL PHARMACY :

- SIMETHICONE TABLETS 125MG OR MORE
- DULCOLAX 5MG
- MIRALAX 8.3OZ
- GATORADE 64OZ (NO RED/PURPLE/BLUE)
CAN REPLACE WITH WATER ONLY

Clear liquids include:

IMPORTANT: nothing red or purple!

- Gatorade, Pedialyte, or Powerade
- Clear broth or bouillon
- Coffee or tea (no milk or non-dairy creamer)
- Carbonated and non-carbonated soft drinks (Coke is OK)
- Coconut water (no pulp)
- Kool-Aid or other fruit-flavored drinks
- Jello, popsicles (not containing any pieces of fruit)
- Gummy Bears

▪ At 2pm: Take 4 tablets of Dulcolax (Bisacodyl) with a 12oz glass of water. You will need to mix 64oz of Gatorade or Crystal Light in a large pitcher or container. Add the entire 8.3oz (238gm) bottle of Miralax (Clearlax) to the solution and stir until completely dissolved. Place the container in your refrigerator.

▪ At 3pm: Take three 125-mg Simethicone tablets and then begin drinking the prep solution. You will need to consume half of the solution (32oz) over the next 1-3 hours. The second half of the solution should be left refrigerated and will be consumed the morning of your colonoscopy.

TIP: If you experience nausea while drinking the solution, take a 30-45 minute break and continue drinking the solution at a slower pace.

▪ After drinking the prep solution, drink 32 ounces of water over the next 2 hours.



THE DAY OF YOUR COLONOSCOPY

▪ Start to drink the second half of the solution 5-6 hours before your **arrival time**. Take three 125-mg Simethicone tablets prior to drinking the prep solution.

▪ Make sure to take your morning blood pressure or heart medications at this time.

▪ After drinking the prep solution, please drink 16-32oz of water.

▪ You must complete your SuPrep solution and **discontinue all clear liquids** 2 hours prior to your arrival time.

BRING THE FOLLOWING:

- Photo ID
- Insurance Card
- Endoscopy Center forms. Don't forget your list of medications.

TIPS:

- Refrigerate the prep solution.
- Use a straw to drink prep solution.
- Use Vaseline or an ointment for diaper rash around the anus before and/or during prep to minimize irritation from passing bowel movements.

You can expect to receive a reminder call from the Endoscopy Center within 24 hours prior to your procedure. You may also receive a call from the anesthesiologist the evening prior to your procedure. If you do not receive a call from the anesthesiologist, do not worry; the anesthesiologist will speak with you before the colonoscopy to review your medical history.

Your doctor will speak with you prior to the colonoscopy and in the recovery area after the colonoscopy to review the findings.

For any preparation-related questions, please send the office a portal message (if you have signed up for a portal account) or call our main office at (415) 749-6900. You can also view our website at www.sfgimd.com for additional information.

Thank you,

THE SFGI TEAM

Hours: Monday-Friday 9-5 PM and closed during lunch from 12 PM - 1 PM.