

## **MiraLAX 2 Day Preparation for Colonoscopy**

### **Please purchase:**

- |  |   |
|--|---|
| 1 bottle of MiraLAX – 238 g bottle OR 255 g bottle         | 1 box of Dulcolax (bisacodyl) tablets (6)       |
| 2 bottle of Gatorade – 64 oz bottle (clear or yellow ONLY) | 1 box of Gas-X chewable or gel capsules (4)     |
| OR 64 oz of water with lemon Crystal Light                 | 1 box of Dulcolax (bisacodyl) suppositories (4) |

**Procedure Date:** \_\_\_\_\_ **Please arrive at:** \_\_\_\_\_

☐ **Advanced Digestive Center of Southern California (ADCSC)** 555 Marin St, Suite 270-A Thousand Oaks

\*ADCSC is in-network with Anthem Blue Cross PPO ONLY

☐ **Los Robles Hospital GI Lab** 215 West Janss Road Thousand Oaks CA 91360 (805)370-4376

\*Please call Conejo Los Robles Anesthesiology group prior to your procedure at (805)578-8300 for any Anesthesia questions

\*Please call to pre-register 3 days prior to your procedure by calling Los Robles Hospital at (844)761-2744 between 8:30AM and 5PM

**If you cancel or reschedule, please make us aware no less than 5 business days in advance by calling (805)719-0244. If any changes to your appointment are made within 5 business days, a \$200 cancellation fee and/or a \$75 rescheduling fee may apply.**

### **Preparation Instructions:**

#### **Two days before your procedure:**

- Clear liquids ONLY today, please review clear liquid diet sheet.
- Drink 64 oz of water throughout the day, aside from the liquids taken during your meals
- **1 PM** take 2 Dulcolax (bisacodyl) tablets with 16 oz of Gatorade and 1 Dulcolax (bisacodyl) suppository rectally
- **8 PM** take 2 Dulcolax (bisacodyl) tablets with 16 oz of water and 1 Dulcolax (bisacodyl) suppository rectally

#### **One day before your procedure:**

- Clear liquids ONLY today, please review clear liquid diet sheet.
- Drink 64 oz of water throughout the day, aside from the liquids taken during your meals
- **8 AM** prepare MiraLAX solution
  - In a large pitcher, pour the entire bottle of MiraLAX powder with 64 oz of Gatorade
  - Mix well until the powder is dissolved and store in your refrigerator
- **1 PM** take 2 Dulcolax (bisacodyl) tablets with 16 oz of Gatorade and 1 Dulcolax (bisacodyl) suppository rectally
- **2 PM** drink 10 oz of MiraLAX solution every 15 minutes until you consume half of the solution (approx. 32oz)
- **7 PM** take 2 Dulcolax (bisacodyl) tablets with 16 oz of Gatorade and 1 Dulcolax (bisacodyl) suppository rectally
- **8 PM** if you have NOT had ANY bowel movements today, please call Dr. Simoni at (805)719-0244 option # 5.
- 
- **DO NOT EAT OR DRINK AFTER MIDNIGHT, EXCEPT FOR THE SECOND PORTION OF YOUR MIRALAX SOLUTION**
- 2<sup>nd</sup> portion starts At \_\_\_\_\_ **A.M.** take 2 Gas-X tablets and drink 10 oz of MiraLAX solution every 15 minutes to finish all MiraLAX solution within one hour. Once finished, take another 2 Gas-X tablets.

**\*\*DO NOT EAT OR DRINK ANYTHING FROM THIS POINT ON.** \*Your stomach must be empty of all fluids to avoid any complications. If you continue to drink liquids of any kind after the second portion of your prep, we may have to delay or reschedule your procedure to allow your stomach to empty.