

MiraLAX Preparation for Colonoscopy

Please purchase:

- 1 bottle of MiraLAX – 238 g bottle OR 255 g bottle
- 1 bottle of Gatorade – 64 oz bottle (clear or yellow ONLY)
- 4 Gas-X (Simethicone) chewable or gel capsules
- 4 Dulcolax (bisacodyl) tablets
- 2 Dulcolax (bisacodyl) Suppositories

Procedure Date: _____ **Please arrive at:** _____

☐ **Advanced Digestive Center of Southern California** 555 Marin Street Suite 270-A Thousand Oaks (805)719-0244

☐ **Los Robles Hospital, GI Lab** 215 West Janss Road Thousand Oaks (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

For any changes to appointment call (805)719-0244 with no less than 5 business days in advance. Changes made to your appointment within 5 business days, will incur a \$250 cancellation fee and/or a \$75 rescheduling fee.

Preparation Instructions:

Two days before your procedure:

- Drink 64 oz of water throughout the day

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** take 2 Dulcolax (bisacodyl) tablets with 16 oz of Gatorade; self-administer 1 dulcolax suppository per rectum
 - **Diabetics:** take diabetic medications in the morning, skip the evening dose. Monitor your blood sugar at your usual times and adjust blood glucose levels accordingly
- **2 PM** prepare MiraLAX solution
 - In a large pitcher, pour the entire bottle of MiraLAX powder with 64 oz of Gatorade
 - Mix well until powder is dissolved and store in your refrigerator
- **3 PM** drink 10 oz of MiraLAX solution every 15 minutes until you consume half of the solution (around 32 oz). Store the remaining solution in the refrigerator
- **6 PM** If you are not having any bowel movements at this point, take 2 Dulcolax tablets with 16 oz Gatorade, and self-administer 1 Dulcolax suppository per rectum.
- **8 PM** if you have not had ANY bowel movements today, please call Dr. Simoni (805)719-0244 option # 5
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- **DO NOT EAT OR DRINK AFTER MIDNIGHT EXCEPT FOR THE SECOND PORTION OF YOUR MIRALAX SOLUTION**
- At _____ **AM** take 2 Gas-X tablets and start drinking the second portion of the MiraLAX solution, Drink 10 oz of MiraLAX solution every 15 minutes until you finish your remaining solution, should be within one hour.
- You may take your usual heart and/or blood pressure medications in the morning with a small sip of water, any other medications can wait until after your procedure.
- ****DO NOT EAT OR DRINK ANYTHING FROM THIS POINT. *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.**