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BOARD CERTIFIED IN GASTROENTEROLOGY / HEPATOLOGY

***If you have cirrhosis, congestive heart failure or kidney failure you should NOT take this prep.***  
**Contact us at 310-802-7790 for a more appropriate prep for your condition.**

### **1 WEEK BEFORE YOUR PROCEDURE:**

- Eight (8) days before your exam stop taking aspirin or products with aspirin such as Excedrin and Anacin. Also stop Motrin, Advil, Ibuprofen, Nuprin, Aleve, Naprosyn. ( Tylenol is OK )
- IF YOUR CARDIOLOGIST PERMITS IT, stop taking blood thinners such as Coumadin or Plavix four (4) days before your exam. \*
- Continue all your regular medications until the day of your procedure.

### **THE DAY BEFORE YOUR PROCEDURE:**

- Do not eat any solid foods. Follow the Clear Liquid Diet on the next page.
- Follow the colon cleanse preparation instructions on page 3.
- **DO NOT EAT or DRINK** anything after midnight the night before your procedure.

### **THE DAY OF YOUR PROCEDURE:**

- Do not take any medications unless your doctor tells you. You may resume all your medications after you return home from the procedure.
- You **MUST** have a responsible adult to drive you on the day of your exam, **you can NOT take a taxi or SCAN home** without another adult with you. You will not be able to drive, work or perform any of your normal duties that day due to the sedation you will receive during the procedure.

*YOUR PROCEDURE WILL BE CANCELLED IF YOU DO NOT HAVE  
A RESPONSIBLE PERSON TO ACCOMPANY YOU HOME.*

- Bring with you a valid I.D., your insurance card and required co-payment, if any.
- Wear comfortable, loose fitting clothes. Do not bring or wear any valuables.
- Bring a list of medications which you have taken in the last two weeks. Give it to the nurse who interviews you. The nurse will also review your medical history, including any surgeries or illnesses you have had in the past.
- If you are diabetic and able to take your own blood sugar, please do so the morning of your procedure and tell the results to the nurse who interviews you.

**Call the office at (310) 375-1246 if you have questions or need to re-schedule your appointment**

**You will be charged a \$100 No Show fee if you miss your appointment  
and do not call the office at least 2 days before your appointment.**

## Clear Liquid Diet

The day before your colonoscopy you will be asked to follow this clear liquid diet. Clear liquids are easily digested and leave no residue in the intestinal tract. Clear liquids will also keep your body hydrated.

What are clear liquids? A good rule-of-thumb is anything you can see through that is not red or purple is probably alright. The list below will also help guide you. Remember, DO NOT DRINK ANYTHING RED OR PURPLE.

### **I. BEVERAGES**

- a. WATER
- b. COFFEE, TEA (NO MILK OR CREAMERS)
- c. FRUIT JUICES (NO PULP OR NECTARS)
- d. SPORTS DRINKS (GATORADE, POWER AIDE)
- e. SOFT DRINKS (7-UP, SPRITE, GINGER ALE, KOOL-AID, CRYSTAL LIGHT)

### **II. SOUPS**

- a. CHICKEN BROTH / CONSOMME
- b. BEEF BROTH/ BOUILLON
- c. VEGETABLE BROTH

### **III. DESSERTS**

- a. JELL-O (LEMON & ORANGE ARE BEST, LIME IS OK)
- b. POPSICLES (NO SHERBERTS, FRUIT BARS WITH PULP)
- c. HARD CANDIES

### **DO NOT EAT**

NO solid food, vegetables  
NO bread, cereal, grains, pasta, rice  
NO milk or dairy products  
NO meat, chicken or fish  
NO nuts or tofu  
NO oils, butter, margarine  
NO whole fruits



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## Gatorade/Miralax Prep for Colonoscopy

*If you have cirrhosis, congestive heart failure or kidney failure you should NOT take this prep. Contact us at 310-802-7790 for a more appropriate prep for your condition.*

We want your procedure to go as smoothly as possible. In order for that to happen, there some tips we have included in this bowel prep sheet. Now, here's what to do to get ready:

### **3 DAYS BEFORE YOUR PROCEDURE:**

- **Obtain Miralax from your pharmacy.** It comes in an 8.3 oz (2338mg) bottle.
- No prescription is needed.
- **Obtain Dulcolax Laxative (not stool softener) from your pharmacy.** You need a total of 4 Dulcolax laxative tablets. It is okay to substitute brand name Dulcolax with a less expensive generic. No prescription needed.
- **Obtain a total of 64 ounces of Gatorade.** You can either buy one 64 ounce bottle or two 32 ounce bottles.
  - \***Avoid red, orange or purple colors.** These can make it harder for the doctor to perform an accurate exam.
  - \* If you have diabetes or need to watch your salt intake, you can try "02" (low calorie Gatorade) or "Powerade Option" as another choice.

### **2 DAYS BEFORE YOUR PROCEDURE:**

- **Avoid nuts, seeds and salads.** These can make it harder for your doctor to perform an accurate exam.

### **1 DAY BEFORE YOUR PROCEDURE:**

- **Follow a clear liquid diet.** A clear liquid diet includes water, coffee, tea, soda, broth or clear juice like apple juice or white grape juice. No milk products.
- **DO NOT EAT ANY SOLID FOODS.**
- **Swallow 2 of the Dulcolax tablets at about 1:00pm**
- **Mix your Gatorade and Miralax at about 5:00pm and begin drinking.**
  - Once you mix the Miralax powder into the Gatorade, make sure you shake it up so it is fully dissolved.
  - Start drinking 8 ounces of the mix every 15 minutes. If you start to feel nauseated you can drink the mix more slowly. Some people find that walking around relieves the nausea.
  - You will begin to have diarrhea usually within 1-2 hours after drinking the mix. Although this is unpleasant, it allows the doctor to perform an accurate exam.
- **Swallow the other 2 Dulcolax tablets at about 8:00pm.** (even if you haven't completed the Gatorade.)

**DO NOT EAT ANY SOLID FOODS AFTER MIDNIGHT BEFORE YOUR PROCEDURE.**

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OVERVIEW:

3 Days before	2 Days before	1 Day before	Day of Procedure
<ul style="list-style-type: none"><li>• Buy Miralax</li><li>• Buy Dulcolax</li><li>• Buy Gatorade</li></ul>	<ul style="list-style-type: none"><li>• No nuts, seeds, or salads</li></ul>	<ul style="list-style-type: none"><li>• Clear liquid diet only</li><li>• 2 Dulcolax tablets at 1:00pm</li><li>• Mix Miralax &amp; Gatorade at 5:00pm</li><li>• Drink 8 ounces of mix every 15 minutes</li><li>• 2 Dulcolax tablets at 8:00pm</li></ul>	<ul style="list-style-type: none"><li>• <b>NO SOLID FOODS</b></li><li>• Clear liquids only up to 4 hours before procedure.</li><li>• Nothing to eat or drink beginning 4 hours before procedure.</li></ul>