

Miralax Prep

COLONOSCOPY DATE: _____ For: _____

Check In Time: _____ Procedure Time: _____

- IF instructed, DO NOT take Warfarin®, Plavix®, Brilinta, Eliquis, Pradaxa, Xarelto, Effient, _____ days before your colonoscopy as these can thin your blood.
 - DO NOT take iron supplements for 7 days prior to your examination.
 - PURCHASE one (1) bottle of MIRALAX® (238 GRAMS OR 8.3 OZ.) This is an over-the-counter product.
 - 4 Dulcolax Laxative tablets (not stool softeners or suppository)
 - PURCHASE one (1) 64 oz. bottle of GATORADE® – NO RED OR BLUE COLOR.
ARRANGE for a driver to pick you up and transport you home. YOU MAY NOT TAKE A TAXI.
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2 Days before your procedure : stop eating seeds, nuts, popcorn, whole grains

1 Day Before Your Procedure: _____

STAY ON A CLEAR LIQUID DIET FOR BREAKFAST, LUNCH, AND DINNER. NO SOLID FOODS!

You may have any or all of the following:

Coffee or tea (NO milk or creamer), water, carbonated sodas, clear broth (NO noodles), Crystal Light®, clear fruit juices (NO pulp), freeze pops (NO red color), Jell-O® (NO fruit, NO red color), apple juice, .

- NO MILK, DAIRY PRODUCTS, RED OR ORANGE JELL-O®, ORANGE JUICE, GRAPEFRUIT JUICE OR PRUNE JUICE. NO LEMONADE WITH PULP AND NO DRINKS WITH PROTEIN ADDED.

- NO MILK, DAIRY PRODUCTS, RED JELL-O®, ORANGE JUICE, GRAPEFRUIT JUICE OR PRUNE JUICE!

- 2:00 P.M: take three (2) Dulcolax® tablets with a glass of water.

3:00 P.M. — Mix the entire bottle of Miralax with the 64 ounces of electrolyte drink. *shake well and

- refrigerate

- 4:00 P.M. — Drink an 8 oz. glass every 15 minutes until the solution is finished (It will take approximately 2- 2:30 hours)

- 8:00 P.M. — Take three (2) Dulcolax® tablets with a glass of water.

NO FOOD OR DRINK AFTER MIDNIGHT EXCEPT MEDICATIONS.

Check In to:

_____ **Pavilion Surgery Center**
1140 W La Veta Ave, 2nd floor
Orange, CA 92868
714-744-8709

_____ **St. Joseph Hospital of Orange**
1100 W.Stewart Ave
Orange, CA

****PLEASE CALL DR. Elbatta's OFFICE AT 714-937-9400 WITH ANY QUESTIONS****

17400 Irvine Blvd, Ste F, Tustin,CA,92780