



COLONOSCOPY (Dulcolax-Miralax & Gatorade)

Date: _____

Check-in Time: _____

Appointment Time: _____

Doctor: _____

- MemorialCare Outpatient Surgical Center Long Beach**
3833 Worsham Ave., Ste 200 Long Beach, CA 90808
T: (562) 426-2606
- MemorialCare Surgical Center at Orange Coast**
18111 Brookhurst Street, Ste 3200 Fountain Valley, CA 92708
T: (714) 369-1100
- Los Alamitos Medical Center G.I. Lab**
3751 Katella Ave Los Alamitos, CA 90720
*The GI lab number is (562) 799-3216

For this preparation, you will need:

1. Two Dulcolax tablets
2. One 238 gram bottle of Miralax
3. 64 oz of Gatorade (original formula, ie: no "zero", etc)

5 days before the exam:

- ~ Stop fiber supplements and medications containing iron. You may continue any routine laxatives.
- ~ Stop all blood thinners, unless this has been discussed with the doctor.
- ~ Stop aspirin, unless this has been discussed with the doctor.
- ~ Stop all anti-inflammatory medications (e.g. Motrin, Aleve, etc.); Tylenol is acceptable
- ~ Please ensure you have a **responsible adult** to drive you home and remain with you for 12 hours after procedure.
- ~ Reminder: Go to your pharmacy to pick up the prep solution.

3 days before the exam:

- ~ Avoid nuts, popcorn, or foods and breads with seeds.

2 days before the exam:

- ~ No raw fruits or raw vegetables.
- ~ Drink at least 8 glasses of water during the day.
- ~ If you tend to be significantly constipated, drink one 10 oz bottle of Magnesium Citrate at bedtime.
Purchase at local pharmacy.

1 day before the exam:

- ~ BEGIN A CLEAR LIQUID DIET FOR BREAKFAST. DISCONTINUE SOLID FOODS. (No artificial red or purple liquids, no alcohol)
 - Water
 - Carbonated and non-carbonated soft drinks
 - Coffee or tea (no cream or milk)
 - Clear fruit-flavored drinks
 - Clear broth or bouillon
 - Strained fruit juices, no pulp
 - Clear sports drinks
 - Jell-O, popsicles, hard candy

Approximately 3:00pm:

- 1) Take two (2) Dulcolax tablets with 8 oz of water. Swallow the tablets whole with a full glass of water.



Approximately 8:00pm:

- 1) Mix bottle of Miralax in 64 oz of Gatorade Ice. Shake the solution until the Miralax is dissolved.
- 2) Drink 8 oz of the solution every 15 minutes until the solution is finished.

Discontinue liquids 6 hours before your exam.

You are ready for the exam:

- ~ You may take your regular medications with small sips of water.
- ~ Wear comfortable clothing and leave all valuables at home. Plan 2 hours for the study.
- ~ Please be sure to bring your insurance information with you to facilitate registration.
- ~ **You must have someone drive you home as you cannot drive for at least 12 hours. A taxi or ride share service is unacceptable.**

SPLIT-DOSE PREPARATION FOR COLONOSCOPY

(Please read carefully)

These instructions use a split-dose (two-dose) regimen, which has been shown to cleanse the colon (lower intestine) better than other methods. The cleaner the colon, the less likely an exam would have to be repeated earlier than usual. Most importantly, a cleaner colon increases the chances of finding any significant abnormalities, such as polyps.

For some patients, this split-dose regimen may require staying up late into the evening or awakening early in the morning to complete the preparation with the second dose. We know this may be inconvenient, but it is very important to clean the colon as best as possible.

The exact timing of the early evening (5pm-6pm) first dose is not as important as the timing of the second. The most effective cleansing occurs when the second dose is taken 6 hours before the colonoscopy. Please finish the preparation and all clear liquids 4 hours before the examination.

Tips: Alcohol-free baby wipes, Vaseline, over-the-counter hydrocortisone creams, hemorrhoid treatments, all may be used to ease skin irritation. If you feel nauseous or vomit, rinse your mouth with water, take a 15 minute break, and then continue to drink the solution. Even if you are sitting on the toilet, continue to drink the solution as per instructions.