

MIRALAX AND GATORADE

Phone: (909)833 7556

CONFIRM YOUR LOCATION:

<p>☐ POMONA VALLEY HOSPITAL 1798 N. Garey Ave, Pomona, CA 91767 Phone (909) 865-9141</p>	<p>☐ ARCHIBALD SURGERY CENTER 9674 Archibald Ave, Suite 175, Rancho Cucamonga, CA 91730 (Will call 1-2 business days before to give the exact procedure time) Phone: (909) 296-8930</p>
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PLEASE READ THESE INSTRUCTIONS CAREFULLY BEFORE YOU START:

ARRANGE FOR TRANSPORTATION: Since Endoscopy involves anesthesia/ sedation, you must have someone drive you home and stay with you for 2-4 hours following the procedure.

You may use Uber or Lyft services but must have a responsible adult other than the driver for discharge.

Inform the Office Immediately

- If you started any NEW immunosuppressive medications or a chemotherapy regimen.
- Experienced chest pain, shortness of breath or dizziness
- If there is a change in your insurance coverage

STOP THE FOLLOWING MEDICATIONS:

<p>14 DAYS BEFORE THE PROCEDURE</p>	<p>Ozempic/ Wegovy: Semaglutide Mounjaro: Trizepatide Trulicity: Dulaglutide Saxenda/Victoza: Liraglutide</p>
<p>5 DAYS BEFORE THE PROCEDURE</p>	<p>NSAIDs: Advil, Ibuprofen, Motrin, Aspirin, Aleve, Naproxen, Celebrex, Diclofenac, Meloxicam</p> <p>Coumadin/ Warfarin</p> <p>Anti-Platelet Therapy: Plavix/ Clopidogrel, Prasugrel/ Effient, Ticlopidine/ Ticlid, Brilinta/Ticagrelor, Aspirin, Excedrin.</p> <p>Supplements: Any iron or multi-vitamin (with iron), Fish Oil, Vitamin E, omega-3, CoQ10, Fosamax, and Garlic supplements.</p>
<p>3 DAYS BEFORE PROCEDURE</p>	<p>Apixaban/ Eliquis Rivaroxaban/ Xarelto Dabigatran/ Pradaxa Edoxaban/ Savaysa</p>

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- This preparation is meant to clean your colon and may cause minor cramping, diarrhea, rectal and abdominal discomfort. Small amounts of rectal bleeding, headaches, fatigue, and nausea are expected.
- PLEASE STAY AT HOME AND PLAN TO STAY CLOSE TO THE RESTROOM; THIS MEDICATION MAY WORK QUICKLY. If any of these symptoms are significant or you have questions, please do not hesitate to contact us.
- Using Vaseline or diaper rash ointment between bowel movements will help prevent rectal irritation. You can also use baby wipes in place of toilet tissue.

Buy your bowel preparation at least five days before your colonoscopy. Purchase:

- Four Dulcolax® laxative tablets containing 5mg of bisacodyl each (NOT Dulcolax stool softener).
- One 8.3-ounce bottle of MiraLAX® (238 grams) or generic equivalent.
- Two 32-ounce bottles of Gatorade®. (NOT RED).
- People with diabetes should use Gatorade G2®. (NOT RED).

1 DAY BEFORE THE PROCEDURE: STAY HYDRATED!

Clear fluids ONLY for BREAKFAST, LUNCH & DINNER. Continue fasting until after your procedure.

DO NOT have any solid foods or milk products. Nothing colored RED, PURPLE. No alcoholic beverages.

Take less than your usual dose of insulin or diabetic medications on the day before your procedure.

The bowel preparation solution will be consumed in two parts.

THE EVENING BEFORE YOUR PROCEDURE (1st DOSE)

Mix 1/2 of MiraLAX bottle (119 grams) in each 32-ounce Gatorade bottle until dissolved. Keep cool in the refrigerator. DO NOT ADD ICE.

At 5:00 PM on the evening before your colonoscopy, take four Dulcolax tablets.

At 6:00 PM on the evening before your colonoscopy:

- **Drink 32 ounces of the mixed solution by drinking an 8-ounce glass of bowel preparation every 15 minutes for four glasses.**
- **Fifteen minutes later, drink an 8-ounce glass of clear liquid every 15 minutes for a total of two glasses.**
- **You may continue to drink clear liquids till midnight.**

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THE DAY OF THE PROCEDURE (2ND DOSE) STAY HYDRATED!

5 HOURS BEFORE YOUR PROCEDURE (2nd DOSE)

- Take the other 32-ounce bottle of mixed solution and drink an 8-ounce glass of bowel prep every 15 minutes for four glasses.
- Fifteen minutes later, drink an 8-ounce glass of clear liquids every 15 minutes for two glasses.
- You may continue to drink clear liquids up to three hours before your exam.

3 HOURS BEFORE YOUR PROCEDURE

DO NOT DRINK ANY WATER OR ANY OTHER LIQUIDS.

YOU MAY TAKE IMPORTANT MEDICATIONS (such as heart, blood pressure, thyroid, or seizure medication) with a small sip of water on the morning of your procedure.

DO NOT take insulin or your diabetic medications until after the procedure.