

## Appointment Info

DATE \_\_\_\_\_

ARRIVAL TIME \_\_\_\_\_

- Endoscopy Center of Marin**  
1100 S. Eliseo Dr. Suite 3, Greenbrae  
Expect to be at the center 90 minutes
- MarinHealth Medical Center**  
250 Bon Air Road, Greenbrae  
Expect to be at the hospital 2 hours
- Novato Community Hospital**  
180 Rowland Way, Novato  
Expect to be at the hospital 3 hours

## Diabetes Instructions (if applicable)

Oral Medication Instructions

\_\_\_\_\_

Insulin Schedule

\_\_\_\_\_

## Blood Thinner Instructions (if applicable)

- Continue blood thinner as prescribed
- HOLD for \_\_\_\_\_ days

# Miralax® & Gatorade® Preparation for Your Upcoming Colonoscopy

### WHAT YOU WILL NEED:

- 8.3 oz of Miralax® (14 dose bottle)
- 4 tablets of Dulcolax® laxative 5mg
- 64 oz of Gatorade® (two – 32 oz bottles)



UCSF Health

MarinHealth Gastroenterology | A UCSF Health Clinic  
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7120 Redwood Blvd. Novato, CA 94945  
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## 7 Days Before Your Colonoscopy

- Confirm ride for the day of your procedure
- Pick up laxatives at your local pharmacy
- If you take blood thinners, (Asprin 325mg, Coumadin/warfarin, Plavix/clopidogrel, Pradaxa/dabigatran, Eliquis/apixaban, Xarelto/rivaroxaban) review instructions for holding or continuing prescription (instructions located on back)

**Last chance to cancel/reschedule your procedure appointment. Please be aware that the Endoscopy Center of Marin may impose a late cancellation charge of up to \$250.**

## 5 Days Before Your Colonoscopy

- Review diet instructions and plan your meals
- Create a list of your medications and supplements to provide the facility. Include prescription name, dose, and directions
- Create a list of your allergies to provide the facility

## 3 Days Before Your Colonoscopy

- STOP eating foods with nuts, seeds, or whole grains. (fruits and vegetables with seeds, sesame, etc.)
- Avoid corn, beans, quinoa, and popcorn

## 2 Days Before Your Colonoscopy

- Increase your fluid intake, drink a minimum of 8 glasses of clear fluids (water preferred)
- Eat well-balanced meals, but continue avoiding nuts, seeds, and whole grains
- Prepare two doses of the Miralax<sup>®</sup>-Gatorade<sup>®</sup> mixtures. Divide the entire 14 dose bottle of Miralax<sup>®</sup> evenly between the two 32-oz bottles of Gatorade<sup>®</sup>.

## 1 Day Before Your Colonoscopy

“PREP DAY”

- Have a low-residue breakfast BEFORE 10 am (white toast, eggs, yogurt, cream of wheat, smoothies without seeds)
- At 10 am begin a “Clear Liquid Diet.” Clear liquids include water, juice without pulp, soda, black coffee/tea (no milk), electrolyte drinks, Ensure CLEAR, Boost Breeze<sup>®</sup>, Jell-O, broth, popsicles
- At 6 pm take 2 tablets of Dulcolax<sup>®</sup> and drink the first dose of the Miralax<sup>®</sup>-Gatorade<sup>®</sup> mix
- Drink the entire 32 oz within 90 minutes
- Continue drinking clear liquids until bedtime

**Miralax<sup>®</sup>-Gatorade<sup>®</sup> Mixture: (Make 2) Mix 32 oz of Gatorade<sup>®</sup> with half of the Miralax<sup>®</sup> bottle, approximately 4.2 oz.**

## The Day of Your Colonoscopy

- Wake up 5 – 6 hours before your arrival time to start the **second** dose
- Immediately take 2 tablets of Dulcolax<sup>®</sup> and drink the second dose of Miralax<sup>®</sup>-Gatorade<sup>®</sup> mix
- Drink the entire 32 oz within 90 minutes
- You must complete your prep and discontinue clear liquids 3 hours prior to your arrival time
- You should take medications, as prescribed, with sips of water
- BRING THE FOLLOWING:
  1. Photo ID
  2. Insurance Card
  3. Medication List
  4. Allergy List

### TIPS:

To improve the taste try using a straw to drink mixture or add ice/refrigerate mixture

If you experience nausea or vomiting, rest for 15 minutes, then try to resume prep

Use baby wipes

Use Vaseline or an ointment for diaper rash around the anus before and/or during prep to minimize irritation from passing bowel movements